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# The Household Physician





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# The Household Physician.

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A BOOK OF POPULAR  
INFORMATION ON  
HEALTH AND DISEASE.

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ORIGINATED,  
COMPILED AND EDITED BY  
EMINENT PHYSICIANS AND ABLE  
MEDICAL WRITERS.

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**PRICE, \$2.00.**

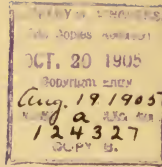
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## Preface.

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The supreme end sought for in the preparation of this book is usefulness. It is intended to have it a volume of practical knowledge. No intention is herein implied to supersede the attendance of physicians upon persons who are seriously ill or injured. The greatest amount of information in the smallest possible space has been our constant and ever-present ideal. It is a privilege to put so many valuable suggestions and items of information directly into the hands of the people. In the care of the body it is pre-eminently true that an ounce of prevention is worth a pound of cure. This fact has been a guide to the authors in writing these pages. There are hundreds of homes in which sudden illness or accidents occur when no physician can be obtained perhaps for hours. It is then very desirable that some one in the household should know what to do and do it promptly, as a delay has often made the difference between life and death. "A stitch in time" in this book has been a watch-word and a by-word. We have accepted gratefully the privilege which this book affords us of conveying specific information in regard to the prevention and cure of diseases into thousands of homes. It is the opportunity of a life-time to enter into the lives and destinies of so many people.

## Introductory.

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**Every Household** should contain our Household Medical Cabinet as it contains every remedy needed to preserve health and it is usually a source of much economy. Thousands of cases occur daily where the intelligent use of our Household Remedies will prevent a long spell of illness. Families who have our cabinet in their homes soon find it as great a necessity as any other article of household use or consumption.

**Ready for Use.**—This cabinet in many cases saves calling a physician and paying heavy doctors' bills. It will often save the annoyance of getting up in the night and going out in a storm. Our remedies are the best that modern science can devise and skill prepare. They save suffering, they prevent and cure disease, and their use at the right time will often save life by reason of having the right remedy on hand for instant use when needed; otherwise perhaps a friend or loved one would die while waiting for a doctor to reach them.

**Emergencies.**—In case of accidents, free bandages and plasters will be found in our cabinet ready for immediate use. In emergencies the proper remedy has only to be taken from its place and the directions given in this book and upon the labels followed. Each cabinet is furnished with lock and key so that it is not accessible to children. It can be kept in any part of the house, in fact it is an ornament to any room and is the cheapest health insurance that any family can carry, as a few cents worth of the right remedy given at the proper time will save many dollars in doctors' bills.

**Round Bottles.**—Every bottle is a round one, containing honest measure. A round bottle may look smaller than a flat one, but if you will examine a flat bottle you will usually find it paneled and that it will not hold nearly as much as the round bottle, which is of greater capacity all around and contains good honest measure.

**One Profit Only.**—You do not have to pay both the druggist and the doctor. Our remedies are furnished direct from the laboratory to the home, but one profit being made and that a very small one. The remedies contained in our cabinet therefore will give you greater value for your money, and being prepared from the purest ingredients they are always safe, sure and reliable. The quality and curative properties of our remedies you will always find far superior to the ordinary proprietary remedies made or sold by druggists.

**Free Medical Advice.**—Every member of the household which contains our Household Medical Cabinet is entitled to office consultation with our physicians absolutely free. This Company furnishes competent, intelligent and successful physicians whose advice can be obtained without expense, the only proviso being that the home shall contain our cabinet.

**In the Majority** of the common ailments of humanity, the use of our remedies as directed and advised in this book will always be followed by prompt and successful results. There are, however, many complicated and deep-seated maladies which can only be successfully treated under the direct care and personal attention of one of our physicians, whose advice will cost nothing, the only expense being the actual cost of the medicines required.



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# The Household Physician.

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## HEALTH AND HOME.

Health in the Home lies at the very foundation of happiness and good cheer. A home which contains healthy parents and healthy children excites the envy and the admiration of the less fortunate and should be the ambition of every thoughtful person. Good health is preliminary to the very best success in all forms of work and to the highest attainment in material things. Without it there is sadness among the loved ones, there is silence and heart-aches instead of cheerfulness, happiness and contentment. When disease enters and becomes a permanent visitor, a poisonous influence like a malaria seems to penetrate and permeate the very atmosphere. What is fortune and honor when health is lost and the vigor and happiness of our loved ones impaired?

**Presence of Disease.**— It was originally believed that diseases were caused by an evil spirit, or a so-called fatima, which was supposed to enter the body and derange its harmonious action. In the olden times a person who could not hear was said to be a “dumb-devil” or a “dummy.” Among certain superstitious people like the fabled Indian of the plains, dances, incantations and mystic ceremonies were constantly practised to drive out the evil spirit or the spirit of disease.

What then is Disease? — It is not a thing, a tangible presence, but a state or a condition. It means something either being or acting wrong in the body. When the food is properly digested and the system appropriates the same in a natural way, when the waste matter is properly carried out by the excretions, and when all the organs work in harmony, then we are well or at ease and said to be in health. When derangement of any of these organs such as the kidneys, liver or stomach occurs we are said to be sick or diseased, but sickness only means absence of ease or health.

The body is somewhat like a piece of machinery. If any of its parts are abused or injured, the balance cannot perform their accustomed work in a healthy way. The body then must suffer the penalty of the abuse or the injury. Effect must necessarily follow a cause.

**Can Disease be Avoided?**—The larger proportion of the ills which affect humanity, which rob us of time, enjoyment and health, could easily be avoided. If people understood and observed the sanitary and hygienic laws there would be few cases of pneumonia, consumption, catarrh, rheumatism, or fevers.

**To Avoid Disease,** keep your body clean, eat only plain nourishing food, drink pure water, keep the air you breathe fresh and your heart action strong, then you are safe from disease.

People who dwell in cities usually die at an earlier age than those who reside in the country. In the city, children die before they reach the age of five years in such large numbers as to almost reach one-half of the total population. In almost every instance the death of a child is a direct result of ignorance of health laws and violation of necessary hygienic or sanitary rules.

**Why Medicine is Needed.**—The first thing to do in curing disease is to observe health laws — to obey the hygienic and sanitary rules of health which have been violated. Then if medicine is taken, it is not to simply break up or destroy the disease (for such a thing cannot be destroyed) but it is to keep the diseased condition in check until Nature can repair the damage and bring the system again into harmonious action. It is a provision of the Divine law and intent, all other things being equal, that Nature herself could repair the damage, provided the laws of health were again observed. It is known that physicians have the greatest confidence in medicine in the cure of disease when the surroundings of the patient are strictly sanitary in every way.

Medicine, therefore, is intended to assist Nature in curing and preventing disease from gaining an entrance, to assist in restoring a weakened system to health and activity, to aid Nature in repairing the damage which a violation of health laws has brought upon us. Therefore remember that a single dose of the right remedy taken at the proper time will often prevent a long and costly illness.

### FOOD AND HEALTH.

**Good Food** makes good blood for the body. Bad food makes bad blood. Bright, red, pure, nourishing blood is essential to the maintenance of life and the enjoyment of good health. The same is true of clear, pure water. The blood is a compound mixture, its elements are derived from the food and liquids which we take into our systems. The nutritious part of food, after being taken into the stomach, is converted by the process known as digestion into the elements fit for food absorption, in which it loses its identity, becoming really liquid flesh that builds up healthy, living tissues.

**Foods We Should Use.**— Essential food elements. Nitrogen, carbon and mineral matters as well as water. Food is needed to produce the heat and latent forces the body requires. We must eat something with which oxygen can combine, so as to produce the nutritive elements which the body appropriates and makes into tissue and blood.

The nitrogen which the body needs is found in eggs, milk, meats which are lean, and in gluten the viscid substance which has a tendency to make dough tenacious. Then again we need carbon such as we find in sugar, fats, and vegetables of various kinds. The minerals we require, are such as iron, potash, salt, sulphur, etc., combined with phosphorus.

Every adult individual needs about two pints of water every day to dissolve the food, to carry it through the circulation, to absorb and remove the waste matter, to act as an oil to the tissues and to cool the system by being thrown out by the skin. It is said that a person weighing 150 pounds, contains almost 100 pounds of pure water. Only one third is actual solid matter, the balance being water.

**How Food is Digested.**— The food is taken into the mouth, chewed and mixed with the saliva and then swallowed. It is acted upon immediately by the gastric juices of the stomach; it then passes into the bowels where it receives the bile from the liver and other secretions which completely dissolve the food, fitting it for assimilation by the whole system through the circulation.

**Healthy Diet.**— Beef and mutton possess the greatest nutritive values of any of the meat foods. Lamb is less strengthening and more delicate. Like the flesh of all young animals, lamb must be thoroughly cooked and at a very high temperature in order to bring out its flavor.

**Pork** contains much carbon, hence it contributes largely to bodily heat. People who are delicate and of a sedentary habit should never use pork. The impure flesh of the hog contains a parasite which can be transferred into the human flesh and which quickly produces disease and death. When pork is eaten at all, it should always be thoroughly cooked.

**Fish** is rich in phosphorus and is especially commended as food for brain and nerves. When fish has been salted it loses a part of its mineral constituents, because of the chemical action which the salt produces. Oysters and clams are highly nutritious; to get the most out of such foods they should be eaten when raw.

**Nuts as Articles of Diet.**—Almost all kinds of nuts are suitable to persons of strong digestive powers, but when the stomach is weak, when it is difficult for the same to properly digest simple foods, then nuts should be very sparingly used. It is always a good plan for a person to use them very sparingly until they find out if their system will readily digest the same. A little salt put on nuts before they are eaten will aid very much, assisting their digestion in a remarkable way. Nuts should be avoided by people with whom they disagree.

**Milk**, when pure, is a model food and contains not only albumen but starch, fat and mineral matters. People with whom milk does not agree and assimilate properly should consult a physician as the liver or gastric secretions are in an abnormal condition and need attention.

**Cheese.**—One pound of cheese is equal in nutritive value to two pounds of meat. People should bear this in mind. It is not only economy to use cheese instead of meat, but the cheese itself is indeed very nutritious.

**Eggs** are hard to digest when cooked for a long time, but when soft-boiled or almost raw, eggs are digested very easily and are an article of great value especially to invalids and children.

**Onions are Healthful.**— Onions possess peculiar nutritive qualities. A diet almost exclusively of onions has been known to cure lung and liver complaints, and the free consumption of onions, either cooked or raw, will always benefit bronchial troubles, chronic coughs, etc. Do not be afraid of onions. While it may be true that onions cause the breath to be offensive, if they are used at night the offensive breath will usually be gone in the morning; but the good effects will often amply compensate for the annoyance. If used once a week with regularity, raw onions greatly promote the health, especially of the lungs and of the digestive organs. However, in using onions you should always consider their annoyance to your friends, as many good friendships have been broken up by onions and it is much better to give up onions than to lose a friend.

**Tomatoes.**— This most healthy of all vegetables, is one fortunately which is relished more than any other. Its qualities do not depend upon any mode of preparation for the table. It can be eaten at each meal, hot or cold, uncooked or with salt, vinegar or other seasoning and in any quantity with perfect freedom and always with great advantage. The tomato is slightly acid, which together with the seed it contains is valuable in overcoming constipated conditions. It has been said with a great deal of harm that the use of the tomato renders cancerous conditions more severe and may indeed be the cause of cancer. What folly! It is wrong for anyone to make such a claim for the very opposite is indeed the fact.



## GOOD BREAD.

**The Body Requires** the elements of nutrition contained in bread food. Good bread must be rich in the amount of gluten it contains, for it is from this element that the nerves and muscles receive much of their strength. In good bread there should not only be the grain of the wheat but also the other elements. Though the bran of the wheat is not necessary in bread to maintain health, yet as it contains the muscle forming material in large proportions it is needed by all workers. When well made, Graham bread is especially healthful for dyspeptics from the fact that the bran takes the place of more active measures where there is a tendency to torpidity of the liver and bowels.

**Fruits Used to Advantage.**—It is well known that the use of fruit as a food is conducive to good health. Fruit is not a solid element like beef and bread, as it contains a large percentage of water. Still it does possess special merit, and in this connection needs special reference. Fruits contain the acid elements that are needed to give tone to the system when it is most required, but no fruit should be eaten unless thoroughly ripe or cooked. The time to use fruit is in the morning or early in the afternoon. It should not be eaten just before the hour of retiring. Moderate use of fruit is always of advantage but there is danger of eating it in excess. Care should be taken not to take into the stomach unripe or over-ripe fruit as it contains free acids and other principles which undergo fermentation. It is for this reason that during the summer season our children have cholera morbus, bowel complaints, cramps and such troubles, which can be traced directly to the improper or unwise use of fruit either unripe or partially decayed.

## ADVICE ABOUT EATING.

A Healthy Person should always have a good appetite. Many regard a hearty desire for food as something indelicate and unrefined and to be discouraged. This is a great mistake. A good appetite is a good thing and it is just as necessary to the man who works with his brain as it is to the toiler who earns his bread by hard manual labor.

**Not an Infallible Guide.** — The opinion often prevails, that if a person is fond of a thing it may be eaten without harm. This is a great mistake. People may use highly seasoned food or drinks or eat candies or other things containing injurious substances, which they will eat readily without detecting danger. Animals are guided in their selection of food by instinct and by a very peculiar sense of smell, while human individuals are often lacking in such instincts, yet their intelligence should be to them a true guide.

**Rapid Eating Our National Evil.** — You should eat slowly, thoroughly masticating the food. It is a deplorable evil to eat rapidly, and hence one of the chief causes of dyspepsia. If you eat rapidly, the saliva cannot be readily mixed with the food so as to promote digestion. Coarse pieces of food are often swallowed which resist the action of the digestive juices. If the food is washed down with drinks which dilute the gastric juices, the digestive process will be impaired or hindered. If you eat rapidly, you will rarely taste the good qualities of food and you may think it lacking in flavor, and to make up for this, many resort to the use of condiments, such as mustard, pepper, spices, etc., which have a tendency to irritate the digestive organs. In this way the system is overworked, the tone of the stomach is affected, and a foundation laid for dyspepsia.

**Regulate the Quantity of Food.** — If food is swallowed no faster than the gastric juice is mixed with it, the hunger or the desire for food will cease when enough has been taken, but if you crowd your food down too rapidly, or drink freely with it, you will continue to eat until too much is taken. Bear in mind, that the appetite will only cease when the secretion of the gastric fluid ceases. Hence you should eat slowly, or you will be apt to eat too much. Rapid eating always causes irritability, dyspepsia, or other diseases of the digestive organs.

**Thoroughly Masticate Your Food.** — A simple rule to follow and one which will go far toward securing the full benefit of what you eat is that the food should be thoroughly masticated (chewed) before being swallowed. It may be said that the more nearly you reduce the food to a fine state in your mouth, the less work will be left for the stomach to do. The more completely you chew your food, the more perfectly will the same be prepared for its purpose—the formation of blood and the nutrition of the body.

**Only Take Small Mouthfuls.** — A child will be instructed wisely if only permitted to take a small mouthful. They should be early taught the habit of eating in that way and of chewing their food well. The same holds good for people of all ages, especially in the aged ones, because the teeth in older people are imperfect, and because they cannot properly chew the food which is taken. This principle or rule properly observed will be of great benefit to the health of every individual and contribute much in the preventing of dyspeptic conditions and at the same time will greatly increase the pleasure of eating and exert a wide influence upon both the comfort and activity of the body as well as the mind.

**How Much Should One Eat?** — Never eat as much as would be necessary to cause an uncomfortable feeling. If you take more food into your stomach than you need, much of it will remain undigested and become a source of oppression. The quantity one should eat, necessarily, will vary with the age and habits. Food for a child should be abundant and principally of a vegetable character. If you follow a sedentary occupation, you will require less food than if you lead an out-of-door life. Another point, which you ought to consider and remember, is that depression, worry and grief are foes to digestion. A light heart and a bright face should always be taken with you to the table; as it is one of the best remedies known for dyspepsia.

**How to Recover the Appetite** which may be lost through excessive stimulation, use of hot foods, liver disorders, and by keeping too much indoors. The first duty is to remove the cause. Exercise, change of air and diet will often prove all that is needed to enable you to recover your appetite. With children you should enforce regularity of habits and see that they are only supplied with plain, nourishing foods. If the appetite is impaired, a week's use of our Household Bitters will prove quickly effectual, fully restoring the appetite and at the same time giving new vitality, strength and energy to the whole system.

**Never Eat Between Meals.** — Another of the causes of dyspepsia, the foundation of which is often laid in childhood, is eating too often or between meals. When the usual meals are taken with regularity and sufficiently near each other, nothing should be taken into the stomach between meals, and this rule holds good as to the use of fruits, which rob the stomach of its needed rest.

**Eat Early in the Morning.**— The breakfast should be taken directly after rising. If this is not convenient, one or two of our Vegetable Stimulets will remove that feeling of faintness giving you new strength and energy.

The dinner should be eaten at a regular fixed hour and should be the principal meal of the day, and in order that it may do you the most good you should never be in a hurry, nor permit anything to interfere with the same.

Luncheon or supper is a meal that is often abused, for rarely is sufficient time taken, and furthermore too much food is liable to be taken at that time. One point which you should always keep in mind is that your meals should always be eaten at regular hours.

**Variety of Foods.**— There should be several kinds of food, especially one or two vegetables at the same meal, as they are more easily digested than other food elements. If your work is indoors you will find it unnecessary to eat meat oftener than once per day, which should be always at the dinner hour. If your work is out of doors, some form of meat could be used at the supper hour, although this is not absolutely necessary for good health.

**Stout or Thin.**— If you are too fat and wish to reduce your weight, take one or two Feel-Fine Tablets one-half hour before each meal and live as much as possible on meat. Eat only a small evening meal as that is the meal which piles on the fat.

If you are too thin and wish to increase your weight, take a dose of Household Bitters one-half hour before each meal and eat eggs, sugar, and food that contains lots of starch; eat hearty suppers and take a good drink of rich milk or cream before going to bed.

## ADVICE ABOUT CARE OF THE BOWELS.

**Purpose of the Bowels.**—The lower bowel or rectum receives and removes two kinds of waste matter, the imperfectly digested particles of food and the effete matter which is excreted by the glands of the bowels from the blood. This material is the most offensive of all materials that escapes from the body.

**Waste Must Be Removed.**—No matter what kind of food we eat, unless the waste products, the undigested portions of the food, and the foul material which the blood throws out, is not promptly removed from the body, it becomes quickly decomposed and reabsorption of the putrid matter takes place. Even in sick people the bowels should move daily, even when they are lying quietly in bed and taking little or no nourishment.

**Bowel Movements.**—One daily emptying of the lower bowel is natural. There are few exceptions to this rule. Occasionally there are people whose bowels move twice daily while in perfect health. It is a good thing to acquire the habit of a movement of the bowels every day. Most people arrange for this right after breakfast; some just before retiring at night. Remember that good health demands this duty be attended to with clock-like regularity.

**Results of Constipation.**—One of these is irritation of the bowels which may develop into a serious inflammation. Another is the formation of piles near the outlet of the bowel, which are often painful, sometimes bleeding, and always troublesome. The straining at stool to overcome constipation has been known to cause hernia, or rupture. Neglected constipation may cause such a collection of hardened material in the bowels as to obstruct them altogether, but the worst result is blood poisoning.

**Affects Other Organs.**— When the lower bowel becomes disabled or lacking in proper tone, the head, liver, organs of generation, nervous system and stomach sympathize with it. Then we have nervousness, headache and biliousness, as well as a general tired feeling, languor and malaise. This condition often comes to dyspeptics.

**Effect Upon the Blood.**— Want of action of the bowels is sure to allow the blood to be more or less tainted or poisoned by the retention in it of waste matter. This acts invariably upon the brain, and the whole nervous system works to a disadvantage for want of fresh, pure blood. Bowel poison is many times the active cause of slow fever, nervous prostration, insanity, and a long list of frightful consequences, such as piles, anal fistula, sexual decay, and many other urino-genital troubles.

**Regularity of the Bowels.**— Never, if you can possibly avoid it, wait even five minutes after you are aware of the need before you relieve the lower bowel. If you are inclined to be costive, besides taking active exercise according to your strength, you should eat fresh, wholesome fruit every day. Our Household Sanitary Cathartic is a sure, reliable and easy physic, and its well advised use is absolutely certain to produce satisfactory results. Another remedy worthy of special mention is our Tonic Laxative Pills, two or three of which taken at bedtime are certain to be followed the next day by a complete unloading of the entire contents of the bowels. For the purpose of toning up the condition of the bowels, nerves and muscles, no remedy will give as complete satisfaction as our celebrated Nerve Power Pills. It would be greatly to the advantage of our friends for them to consult one of our physicians in regard to these matters.



**What to do for Diarrhœa.**—Babies and young children need to have the bowels move several times daily, especially while they are teething. We do not call it diarrhœa in such cases unless there are several liquid passages a day. If a baby has a sour stomach and watery stools, give it a little lime water every hour and a few doses according to directions of our celebrated Castoria Soothing Syrup. On account of the spices in it, this splendid remedy does not produce any bad influence and it is sure to soon set things right again. If the diarrhœa occurs in a child between five and ten years of age, give it one-half teaspoonful of equal parts of subnitrate of bismuth and prepared chalk each four hours, and our Castoria Soothing Syrup night and morning, which will prove quickly effectual. If the diarrhœa is the result of eating unripe fruit and is accompanied by cramps and great distress in the bowels, give the child a dose or two of our Household Pain Cure, together with from three to four teaspoonfuls of our Castoria Soothing Syrup. In adults a diarrhœa which has become watery and is accompanied by straining and general weakness, should be checked at once with our Household Colic and Cholera Tablets. Read carefully the article in reference to this remedy. It is important in all cases of diarrhœa that the diet be restricted for a day or two, no fruits of any kind should be eaten, and all forms of bread food should be taken very sparingly. A diet chiefly of milk or other light substance will be all that is required in connection with the treatment to secure quick and satisfactory results.

Summer Diarrhœa can be avoided by taking a dose of our Tonic Laxative Pills once each week during the hot weather, this will keep the bowels regular and in a good, strong healthy condition.



**What to do for Colic.**— Colic often affects children and grown people. It can be quickly overcome in babies by the use of our Castoria Soothing Syrup, and this is equally true of children up to the age of twelve years. In adults, however, a more active remedy must be employed, and we recommend for this purpose our Household Pain Cure or Colic and Cholera Tablets, which act quickly and contain ingredients that will fully restore the irritated membranes to a healthy condition. In severe cases, our physicians should be immediately consulted and proper advice obtained, which is always free at our agent's office in your city.

**Appendicitis.** — This inflammation is one of the most dreaded of all bowel troubles and needs prompt and heroic treatment. Add one-half pint of glycerine to one gallon of hot water and use as a rectal enema to clear out the lower bowel. Then give internally two tablespoonfuls of castor oil, and apply externally Household Liniment or mustard until the abdomen is almost blistered. Remain in bed until out of danger, or fully recovered.

**Wind in the Stomach.**— This is generally due to fermentation. It often produces faintness, palpitation of the heart and a sense of fullness and distress all through the stomach and chest. For quick relief use Household Pain Cure, but to cure it our Household Dyspepsia Tablets should be employed with regularity for several weeks and in connection with the same our Household Bitters used also as directed. The observance of these instructions will cure in the majority of cases. Sufferers from any disorders of the bowels should bear in mind that it will be greatly to their advantage to consult our local physician in their home city.

## ADVICE ABOUT ICE WATER.

**Ice Water Delays Digestion.**— If the water is iced the food is dissolved less rapidly. The same principle applies to the fact that cold air is a better preservative than warm. Ice water taken into the stomach chills the lining membranes as well as the contents of that organ. Drinks of all kinds should be taken sparingly and especially does this apply to iced drinks. There is such a direct connection between the stomach and the brain, that to pour an iced drink into the stomach and thus drive the blood out, there must necessarily be an influx of blood directly to the head, which is very dangerous.

**Iced Drinks Injurious.** — People should eat ices or take iced drinks sparingly if they wish to preserve the teeth. They should also have in mind that it is necessary at the same time to protect the stomach and guard against sudden attacks of indigestion and biliousness. Many have the habit of slowly drinking a cup of hot tea or coffee at a meal and then at its close, drink a glass of ice water which is very unwise and injurious.

**Summer Drinks.**— Lemonade is a grateful beverage, but there are many persons who cannot use it because of an excess of acid in the system. It is a bad practice to eat the peel of the lemon because it contains an injurious principle and hence should be avoided. For an invalid a cooling drink of lemonade used sparingly, or sipping the juice of the lemon, is always grateful and of marked benefit.

Orange drinks are also in much favor and are an efficient substitute for the more highly acid lemon drink, yet persons should always be careful not to eat the yellow peel of the orange because of the oily constituents it contains.

## ADVICE ABOUT DISINFECTANTS.

**Fresh Air and Sunlight** are conducive to healthy conditions. Always let the fresh air and sunshine into your rooms that they may purify every portion they may reach. This applies also to cellars and vaults which should be kept clean and dry.

**Water as a Disinfectant.**— Fresh water rapidly absorbs poisonous elements. It may be placed about a sick room to great advantage, care being taken to renew the water frequently. Cold water for that purpose is best. In a newly painted room a pail full of cold water will quickly take out the sickening offensive odor of the paint. Try it and you will be pleased with results.

**Charcoal** is a splendid deodorizer as it promptly absorbs gaseous substances and foul odors and renders the same harmless. Charcoal finely powdered has long been used as a filter for impure water. The reason is easily explained. The pores of charcoal which has been exposed in the open air contain a condensed oxygen gas which rapidly absorbs and removes all impure matter. It is well known that if an offensive substance is covered with charcoal powder, it will quickly prevent the escape of offensive odors from the same.

**Lime** placed in damp places such as drains, sewers, cellars, etc., is a good absorbent and may be used with great advantage, preventing decomposition and disinfecting the same thoroughly.

**Carbolic Acid** in a weak solution may be used with splendid results. It can be placed in saucers or other dishes, or cloths can be wrung out of the solution and hung about where offensive odors are suspected. It is an excellent antiseptic and disinfectant and can always be used with safety and satisfaction.

**Roasted Coffee** is a powerful means of rendering harmless any animal or vegetable effluvia. The best mode of using coffee is to grind it up to a fine powder and then roast it on a hot plate or in a small pan until it becomes thoroughly browned. Then sprinkle it about your sink or sewer or expose it on a plate in a room which you wish to be purified.

**A Good Disinfectant** can be made of common salt four parts, oil of vitrol one part, water three parts. This mixture can be placed about a sick room or any portion of the house and good effects will quickly follow, the air being purified and offensive odors removed.

**To Fumigate a Room** and purify the air, there is no more simple way than to take a common iron shovel, heat it hot and pour a little vinegar upon it. The steam which will arise will be pungent and of a disinfecting character; windows and doors should be open at the same time. Sulphur burned in a closed room will rapidly cleanse and purify it.

**To Disinfect Water Closets.**—Chloride of lime will prove quickly effective because of the chlorine gas which is liberated and which is a deadly enemy to germs and foul elements.

**To Kill Disease Germs.**—The best way to thoroughly disinfect a sick room and kill all disease germs after the patient has been removed, is to get a large sulphur or brimstone fumigating candle, one that will burn for an hour or more, put it in an iron pail or other safe place in the room, then light the candle and close the room up tight for three hours; at the end of which time all disease germs that were in the room will be dead. Then air the room for several hours before occupying it.

## SUNSHINE AND HEALTH.

**The Power of Sunshine** is recognized throughout all nature. It is necessary to the growth of vegetables and to the maintenance of animal life. To be deprived of sunshine is one of the greatest misfortunes in the home or in the workshop. You know that you cannot grow healthy vegetables underneath a tree or in the shade. The vines would be sickly in appearance and out of proportion, nor can you rear children in a parlor or bedroom to which the sunlight cannot penetrate, without injuring their health and making them sickly, pale and nervous. No vegetable or valuable plant can be grown well except it be visited at times by the direct rays of the sun; the fruit of the plant could not ripen, nor could the seed mature. Any vine or vegetable grown in the shade or in dark places is pale and lacking in strength. Grass, flowers, or grain of any kind will not thrive in the shade of a tree and the same is true of children. You must get them in the sunshine if you would have them happy, active, healthy and vigorous.

**The Sunshine Cure.**—Plenty of sunshine or sunlight will go a long way toward curing a person of sickness. This is true especially of bronchitis and lung troubles, or paralysis and nervous troubles. If the habit is cultivated of spending an hour or two in the open sunshine every day, medicines will have a quicker influence and health will be more rapidly regained. A sick person or invalid should lie down near a large window where the sunshine will reach every portion of the body for from ten to thirty minutes every day, increasing this time gradually until several hours each day can be passed in the sunshine without discomfort. Rheumatism and dyspepsia are greatly benefited by plenty of sunshine.

**Sunshine in the Sick Room.**—If you go into a sick room where the shades or blinds are always kept closed, you will soon feel a sense of depression. You will feel as if you were constantly breathing polluted air. An odor, offensive and musty, will quickly convince you that healthful conditions are lacking. What is needed is the purifying effects of sunshine. It takes out the mustiness from dark rooms and dark corners. It imparts cheerfulness and is always useful in the cure of diseases. You would not expect your house plants to thrive and bloom if always kept in the shade, neither could you expect the invalid to gain in strength and vigor if subjected to the same unhealthy conditions.

**Children Need Plenty of Sunshine.**—They will thrive under its influence the same as flowers will thrive. The most beautiful flowers in the world would not be one-half so attractive unless they had been reared for days and weeks in the sunshine. Plenty of light and plenty of sunshine for children will make them bright, healthy, happy and beautiful. Let the nursery be on the sunny side of the house. Rear your children, not where it is dark and shady, but where it is light, cheerful and sunny.

### ADVICE ABOUT CARE OF THE EYE.

The Eye is regarded as the most delicate and sensitive organ in the body. It is closely connected with the brain. It shares with the brain in all the various conditions of excitement or depression, labor and rest. If affected by irritation or irregularity of the circulation, it quickly becomes evident. The whole body suffers when the eye is injured or lacking in general health. Our Crystal Eye Tonic is a great remedy to keep the eyes bright, strong and healthy. Our Antiseptic Eye Drops will cool and rest the eye when they are tired and nervous.

**Look After Your Children's Eyes.**— You should pay as much attention to the eyes as to the teeth. Parents will often send their children to the dentist to have their first teeth filled, when they are only four or five years of age, instead of having those teeth extracted. It is a mistaken notion that the teeth must be kept in the jaw to favor its development, while the eye which is the most useful and the most sensitive of all the organs, receives scarcely a passing thought and seldom is subjected to examination or treatment until much damage has been done.

**The Eye as an Educator.**— Through it the child gains its sense of methods and the ways of existence of others and through it the child's brain receives its first sense of external things. It should be kept clean, and for this purpose a little gland is provided from which the tears flow. It is a watery fluid which is spread out over the eye by the lid and which runs out through a little hole in the bone to the nose. If it were not furnished with this liquid to wash it and the lid to protect it, things would often appear cloudy and you would see things as through a dusty glass. It can be washed with great advantage every day with our Antiseptic Eye Drops.

**The Eyelashes.**— If your eyelashes are irregular or short, you can remedy this by cutting off the split ends once or twice a month. You should never write or undertake to sew in a partial or imperfect light. The practice of sitting in the twilight and undertaking to read the newspaper or peruse any form of print is harmful. You should never undertake to read, write or sew except in the full daylight or artificial light equally as good. Parents should be particular to guard children against this error.



**A Foreign Body in the Eye.**— If a cinder or a bit of sand or an eyelash gets into the eye, it should be quickly removed before inflammation takes place. If no doctor is around the eye should be closed so that the tears may accumulate in sufficient quantity, then with the point of a clean handkerchief the offending substance may be removed, on opening the eye so as to turn back the lid. The popular idea of an eyestone is a delusion. A grain of flax seed would answer equally as well. If the foreign body cannot be removed in that way, the eyelid may be turned back and a little warm water injected into the eye which will quickly wash out the offending substance.

**What to do for a Sty.**— A sty is a little boil which protrudes from the eye lid. It will pass away of itself in time but a cure may be hastened by applying a little poultice of bread and water in a little bag. It should be freshly applied several times per day and at each change of the poultice the eye should be washed out with warm milk and water.

If the eye is inflamed you can use to great advantage our Antiseptic Eye Drops found in our cabinet. This remedy will always remove soreness, inflammation, redness and weakness of the eye. Antiseptic Eye Drops are especially good to remove a cold or inflammation from the eye and can be used in any quantity without fear of any bad effect.

**Woman's Eye.**— The window of her soul, the most beautiful and fascinating object in the world. It is man's absolute master, it can make or mar his whole future and bring him in subjection to her feet; therefore ladies take good care of your eyes, keep them clear and bright and learn how to use them to the best advantage to give you power.



## ADVICE ABOUT CARE OF THE EAR.

**Sound Waves** are caused by one body coming in contact with another so that sound waves are produced. These waves are similar to those which appear when a stone is thrown into the water. The waves of sound come in contact with the ear drum, which vibrates and sends the motion along the little chain of bones in the middle ear, carrying the sound to the delicate nerves which convey it to the brain and thus give to the mind the idea of sound. Perfect hearing is one of our greatest blessings.

**Careful Attention and Treatment of the Ear Important.**—Cold water should never be allowed to remain in the ear. If wax has accumulated you should not try to remove it with a hard instrument, but first soften it with a little warm water, and then let it run out by turning the head downward. In this connection parents will do well to bear in mind that the hair about the ears of a child should never be left wet or soggy, as it may chill this sensitive organ and thus impair the hearing.

**Insects in the Ear.**—If an insect gets into the ear, pour a little sweet oil into the ear and kill it, then remove the insect with warm water. If this does not succeed take a little piece of absorbent cotton, saturate it with a solution of salt or vinegar and plug up the external ear. In a few minutes the insect can be killed and removed as stated. Oftentimes on removing the plug you will find that the insect will come out with it, having been caught on the fibres of the cotton. To remove small bodies you can direct a stream of warm water gently into the ear with a syringe. Be careful about putting any metal substance or probe into the ear. Many times the drum of the ear has in this way been perforated and the hearing destroyed by such a process.

**To Relieve Earache.**—The steam of hot water or vinegar applied to the ear will often prove quickly effective. You can also take a little piece of cotton wool, dip it in a little warm sweet oil or Pain Cure and place it in the ear and the pain will be almost instantly relieved. A warm poultice or warm oil may also be applied to the ear. If there is a foul discharge from the ear of a child, syringe with warm water and milk, but be careful about putting in any medicine that will do damage. The Household Liniment found in our cabinet is a sovereign remedy for earache. A few drops placed on a little plug of cotton in the ear will secure almost instant relief.

**Deafness** is often the result of the hardening of the ear-wax. Temporary deafness sometimes results from inflammation stopping up the Eustachian tube which extends from the mouth to the middle ear. In such cases a gargle of alum or chlorate of potash or simple cold water will often remedy the difficulty very quickly. In most cases of deafness caused from catarrh our Dry Vapor Treatment gives almost instant relief. It will remove all irritation, stop discharges and restore the ear to a normal condition and cure the catarrh which caused the trouble.

**Children's Ears.**—A child's ears should never be boxed. There is a passage from the ear which is closed by a very thin membrane (the ear drum) which many times has been ruptured by the injudicious practice of boxing the ears. At any rate a sudden compression of air inside the ear by a quick slap or box upon the same will injure the membrane upon the inside and cause a shock to the system which it will take a long time to repair. Many children have been made deaf permanently by boxing their ears.

## ADVICE ABOUT CARE OF THE NOSE.

**The Sense of Smell.**—The nose opens at the back into the throat and is lined by a continuation of the mucous membranes from the throat. The nerves which govern the sense of smell enter the nose through a little bony plate in the roof of the same and the branches are distributed over the inner surfaces. The purpose of the sense of smell is to warn us of the presence of impure air and aid us in the selection of food and drinks.

**Bleeding from the Nose.**—This is caused usually by the presence of too much blood in the head or by the use of too strong coffee. It occurs often to those who are exposed to heat and who eat too much and too fast, or it may be caused by violent excitement of the mind and the presence of constipation. The injudicious wearing of tight corsets or tight bands about the neck will often cause bleeding from the nose. In some cases it is beneficial, but it may be so persistent as to lead to serious harm. In all cases it should be stopped at once and cured if possible by removing the cause.

**Nosebleed. What to do.**—First find out which nostril the blood comes from, then raise the arm on that side perpendicularly in the air and hold the nose firmly between the finger and the thumb of the other hand. At the same time you can lay a towel wet with ice water on the forehead. A piece of ice or snow ball or a cold wet cloth applied to the back of the neck, or on the bleeding side of the nose will often stop the bleeding. A good remedy and one that seldom fails is that of blowing a little powdered gum arabic or alumin to the bleeding nostril by means of a quill. When a clot of blood is formed in the nostril it should be left in for some time.

**Catarrh of the Nose.**— This is not as a rule painful, but is always unpleasant and offensive to one's friends. No person is free from the liability of catarrh. Frequent colds in the head are one of the causes. Exposure, sitting in a draft of air, getting the feet wet or getting the pores of the skin chilled too suddenly may bring on a cold, which if neglected, will quickly run into a bad case of chronic catarrh. When a cold is contracted our Household Grip-Cold Cure should be used as directed. It will accomplish in a few hours a wonderful change. Care must be given to the condition of the stomach at the same time. Your food must be light and of a fluid character. Never eat meat foods when suffering from a cold. The bowels should be kept open by the use of our Household Sanitary Cathartic. In the cases of children the cold should be taken in time so that complications may be prevented. The child should be put into a hot bath and our Household Grip-Cold Cure or Homœopathic Cold Cure used freely as directed.

To cure a case of chronic catarrh of the nose our Household Catarrh Cure and Catarrh Cream should be used as directed. Our Dry Vapor Treatment will greatly assist the other remedies and hasten a cure by keeping the air passages thoroughly disinfected and medicated with soothing and healing balms.

**Foreign Substance.**— The simplest way to remove any foreign substance from the nose is to close the other nostril and then forcibly blow directly into the mouth of the sufferer. If you can produce sneezing it will quickly dislodge the foreign substance. A stream of water carried into the opposite nostril by means of a nasal douche, will often wash out the offending substance. If these measures fail a physician should be promptly consulted.

## ADVICE ABOUT THE TEETH.

**Number of Teeth.**— There are eight teeth in each side of each jaw, making thirty-two teeth altogether in the adult set. We are provided with two sets of teeth. The first or milk teeth are small and are only twenty in number. The middle teeth (incisors) are usually cut about the age of seven months and the other middle teeth at the age of nine months. The first molar (back) teeth make their appearance at the age of twelve months and the canine (eye) teeth at about a year and a half. The remaining molars (back teeth) make their appearance between two and three years of age. The lower teeth are usually first to appear. At the age of six years the first or milk set are usually perfect and the jaws contain the crowns of all the second set except the wisdom teeth. At the age of six years the crown of the second set will begin to press against the roots of the milk teeth and loosen them so that they can easily be removed or drop out of themselves. The central permanent incisors make their appearance at the age of seven years and the others at eight years. The first bicuspid appear at nine years of age and the second between ten and twelve years. The permanent canine (eye) teeth usually appear at the age of twelve years and the back molars about thirteen or fourteen. It is common for the wisdom teeth not to appear until twenty-one or sometimes even at a much later period.

**Decay of the Teeth** is commonly caused by food which has become entangled between them, where the same is decomposed by heat and moisture. The saliva often will leave a sediment on the teeth which we call tartar that injures the teeth and also causes the breath to become offensive. The best way to preserve the teeth is to keep them clean.

**The Care of the Teeth.**—The milk teeth should be cared for and preserved until Nature is ready to supply their places with the permanent ones. A child should be instructed even at the age of five to brush out the mouth and the teeth every morning. A little salt or castile soap upon the brush is all that is required. After cleansing the teeth in this way, the mouth should be washed out in tepid water. Twirl the brush about on every portion of the teeth so as to thoroughly cleanse them. A tooth which is kept clean will not decay. People often inquire how often the teeth should be cleaned. At least once a day; three times per day if it is convenient. A brush as hard as can be borne without distress should be used and the best application is salt or pure castile soap and water. Tincture of myrrh will harden the gums and prevent bleeding of the same. It also has a tendency to harden and preserve the teeth and should be used often.

**Tooth Powders** often do injury because they act upon the enamel and the gums. If used at all, every portion should be carefully removed from the mouth, rinsing with tepid water. Some ladies have a habit of using a bit of lemon to whiten the teeth, but it is fatal to the enamel as are all acids.

**Healthy Gums** are as essential as healthy teeth and equally so in regard to the beauty of the mouth. Excessive use of sugar and candies does great harm. It is not chiefly the bad effects of the acids produced by the dainties, but because their substance is gritty and wears upon the gums and upon the roots of the teeth and gradually causes the gums to be livid or pale and shrunken and sometimes even ulcerated. This is also one of the chief dangers from the use of tooth powders. Tincture of myrrh applied daily with the tooth brush will overcome this trouble.

**Teething in Children.**—Young children while cutting their first teeth often suffer from disorders of the general health. They have spells of fretfulness and peevishness and frequently have fits and the foundation of serious mischief may be laid at this time. The remedy lies in cutting the teeth so that they may quickly reach the outside. Keep close watch and if the gums are swollen or red, have them lanced immediately. As a rule, the teeth will come through the same day that they are lanced, but if they do not the cut will heal and a scar form. This is not at all a bad sign, for when the teeth do finally appear the scar will give way much more easily than the uncut gum. If the teeth do not come after two or three days the lancing may be repeated and it is especially needed if the child suffers much pain.

**Relief from Toothache** or neuralgic affections which arise from decayed teeth may be quickly effected by applying our celebrated Household Toothache Drops. A piece of clean, absorbent cotton or wool may be wet with the remedy and applied directly to the affected tooth. Sometimes it produces a very pleasant effect, where a moment ago there was extreme suffering and distress. The cavity of the tooth should be cleaned out and a bit of the cotton wet with Household Toothache Drops applied to the cavity. When the pain subsides the cavity should be kept plugged up with a piece of chewing gum to keep out the food and protect the root of the tooth from the air. Decayed teeth should have the attention of a dentist at once. If only partially decayed, the decayed portion should be cut away and the tooth filled, but if the tooth is much decayed it should be removed from the mouth before it affects the adjoining teeth.



## ADVICE ABOUT THE HAIR.

**Wash the Scalp Often** and thoroughly with soft water and soap and dry it with a towel. If you wear a hat that is close and tight-fitting lift it often to let in the air. You should wear a hat with a high crown with ventilators in the sides or top and in which there is room for plenty of fresh air. It is a great deal better to wear a hat than a close-fitting cap. Covering for the head should never be worn indoors. Baldheaded women are almost a novelty. Although women wear the hair very long and although it falls out or comes out very profusely, women are seldom bald headed. They do not keep their heads covered when indoors and when they go out of doors their hats are never close-fitting when compared with the ones that men wear. This is the principal reason why ladies do not become bald.

Hair falls out because of lack of proper nourishment. The hair will do just exactly as a blade of grass will do in a soil where there is no moisture. The hair must have nourishment. The hair bulbs and the glands are there, the apparatus is all perfect for the production of hair, if properly cared for and not abused.

**To Prevent Hair Falling.**—The best plan for men is to cut it short and give it a good brushing with a stiff brush when dry. Then wash it thoroughly in soapsuds and rub into the roots a little bay rum or camphor water containing a very little glycerine. This should be done once or twice a week. Many people think it an injury to put water on the hair. On the contrary, if you will moisten your hair with water, every time you comb it, you will find it to be of great advantage in keeping it from falling out and keeping the scalp wholesome. Massaging the scalp will prevent baldness.



**Avoid Hair Dyes.**—All of them have a tendency to fill up the pores of the skin and they almost invariably contain elements such as nitrate of silver or some preparation of lead which are poisonous to the system. If you use anything upon the hair at all, use a mixture of cologne spirits and pure olive oil, say one ounce of olive oil mixed with fifteen ounces of cologne spirits, perfumed with any perfume that you have preference for.

**To Prevent Gray Hair.**—First you must keep the head cool and occasionally use a little sage tea to wet the hair with. It is never necessary to resort to any of the compounds which are so freely offered, because they all depend upon mineral ingredients for their effects, and are more or less injurious to the hair. To nourish the scalp there is nothing better than olive oil, which, however, should be greatly diluted with cologne spirits and applied sparingly not oftener than twice each week. Ten minutes' time devoted every night and morning to giving one's scalp a thorough massaging will give new life and energy to the hair, preventing it from falling out or turning gray until a person is well along in years.

**To Remove Dandruff.**—The head should be washed thoroughly and often with pure soap and water and brushed until dry. The white of an egg can be well rubbed into the scalp with the fingers and then washed out with warm water. You can dissolve one half ounce of borax in one pint of water and apply afterwards. It will act quickly and perfectly but is apt to make the hair stiff when dry. Any form of ammonia used for this purpose should be avoided. No alkali of any kind, except borax can safely be applied to the hair or scalp.

## ADVICE ABOUT THE FEET.

**Warm Feet are Essential.**— Unless the feet be kept warm the circulation of blood to the extremities is interfered with, the whole system becomes deranged and fever of any kind would be aggravated as a result. It can be said without fear of contradiction that a large part of the sicknesses in any family is to a great extent the result of improper care of the feet.

**Cold Feet are a Disease.** — To cure this disease of the circulation the feet should be placed in a basin of cold water every morning for a few minutes, the water being just deep enough to cover the toes. Wipe the feet dry, dress, and you are ready for the duties of the day. Once or twice a week the feet should be held for ten minutes in water which is made comfortably warm, adding hot water from time to time and using a little soap. If at the end of this bathing of the feet, they are placed in a pan of cold water, just deep enough to cover the toes for a minute, it will aid greatly in giving tone to the skin, improving the circulation and imparting softness to the skin. The addition of one or two of our Household Antiseptic Tablets to a basin of warm water will make an excellent wash for removing foul odors from the feet. Our Perfect Circulation Tonic should be taken by all persons who suffer from cold feet or cold hands.

**Warm Feet at Bedtime.**— Just before going to bed, especially in the colder months of the year, the feet should be warmed at a fire or hot air register, the stockings being removed and the bare feet thus subjected to heat for at least ten minutes, constantly moving the toes and occasionally rubbing them with the hands until they feel perfectly warm and dry.

**Cold Feet.**—Cold feet prevent sleep. People, without apparent cause, will suddenly wake up feeling that their feet are cold. They experience a disagreeable sensation which seems to pervade the whole body and the mind and the temper becomes fretful and fidgety. This often occurs even in the very middle of summer. When this thing occurs your circulation is impaired and you should take immediately our Perfect Circulation Tonic.

**Dry Feet.**—Many ways have been devised for rendering the leather of shoes waterproof. It is important to keep the feet dry and in order to do so it is a great deal better to keep out of the water, for whatever will keep water out, will also keep the perspiration and odors in. To make leather waterproof is to make it hard like a board and as hot as fire on a summer day. If it is necessary to wear a shoe that is waterproof you can make it pliable and softer by applying a little sweet oil or vaseline.

**Chilblains.** — Chilblains are simply inflammations which occur on the toes or the fingers. They generally occur in winter, when the member has been rapidly heated when thoroughly chilled. Chilblains consist of red and swollen patches of skin, sometimes associated with blisters, which upon breaking are apt to cause ulceration. The application of our Household Pain Cure immediately, will not only heal the chilblains but take away completely the annoyance which results from the swollen condition which is present; be sure to apply it thoroughly each night just before going to bed. Another way to cure chilblains is to hold the afflicted part in the smoke of a few handfuls of cornmeal which has been placed over red hot coals. After doing this, bathe the affected parts with our Household Pain Cure which will greatly assist.

**Corns** are the heritage of almost every individual at some time of their life. You can prevent them by applying cold water between the toes every day, or holding a bit of ice between the toes. To cure corns is often a hard matter, but they can be relieved and the sufferer made comfortable by wearing corn plasters which many times effects a cure.

**Hard Corns** may be picked out with a clean, sharp pointed knife. They can be removed successfully by wearing over the corn a small plaster in which there is a hole the size of the corn. This will gradually loosen the corn from the skin so that it can be easily taken out.

**Soft Corns** require the use of astringents such as alum dissolved in the white of an egg, or the painting of the corn with tincture of iodine. The much better way is to apply our Household Salve on a bit of cotton batting, binding the same on with a bandage before going to bed. It is also a good plan after this treatment has been used for a few days to paint the corn each night before applying the salve with gum arabic mucilage. Castor oil applied to a soft corn once a day will soften the skin and promote the healing process. It is important to have well-fitting shoes. Most all corns are the result of friction between an ill-fitting shoe and the foot, the stocking at each step being moved backward and forward over the tender surface until the corn is formed.

**Ingrowing Toe Nails** are of more consequence than is usually given them, and they often give rise to severe suffering. The cause is usually small-toed shoes and much-darned stockings. To prevent ingrowing toe nails, you should wear wide-toed shoes and see that your stockings are free from wrinkles and from darning around the toes.

**Treatment.**—To cure ingrowing toe nails, a bit of sponge the size of a small pea can be placed between the nail and the flesh and held there with a bit of adhesive plaster. This will keep the point of the nail away from the flesh, which can be readily healed if ulcerated, by the application of our Household Salve. It is better, however, to slit the edge of the nail and remove it. Our Household Salve gives prompt relief from pain and tenderness, and if other granulations are present they will be relieved in a few days. If your feet blister, on going to bed rub them freely with our Household Salve. If you have bunions it will be necessary for you to apply our Household Liniment or Pain Cure two or three times per day as it will aid in making a permanent cure.

**To Cure Frosted Feet.**—Apply our Household Liniment freely to the affected parts before going to bed, following the same with an application of our Household Salve in the morning. It is a sure cure when directions are followed.

**To Cure Scalded Feet.**—Scalded feet should be put immediately into cold water and held there quite a while before you remove your stockings (which should be done by cutting them off). If they are tender as a result of the scald they have received, be sure to use our Household Salve freely several times every day and bathe them with regularity in warm or tepid water in which you have dissolved one or two of our Antiseptic Germicide Tablets.

**Household Toilet Powder.**—Household Toilet Powder dusted into one's shoes and on the feet every morning will give great comfort and prevent corns, bunions, chilblains and other foot troubles, by keeping them comfortable and healthy.

## ADVICE ABOUT THE SKIN.

**The Skin.**—The skin is simply a covering to protect the underlying tissues of the body and through which the perspiration pours. The skin of a healthy person throws off daily in hot weather, nearly two pints of perspiration. Think of it! Almost a quart of perspiration is given off every day by a man weighing about one hundred and fifty pounds. The skin also possesses remarkable absorbing power, so much so that many medicines can be administered in that way.

**Keeping the Skin Clean** is an absolute necessity from a sanitary as well as from a hygienic view. No person can enjoy good health unless the skin is properly cared for. It should be the chief aim of every individual who appreciates bodily and mental vigor to keep the pores of the skin open. To accomplish this a bath at stated intervals must be taken. Clean bed linen and clean fresh clothing becomes a necessity. This is a matter which should receive very careful attention on the part of parents. Our Household Antiseptic Tablets may be dissolved in the bath water to great advantage.

**Skin Warts.**—Warts upon the skin can be quickly removed by placing upon the warts, with a toothpick, a drop of nitric acid three or four times per week. Care must be taken not to let it drop upon the skin. You can rub the wart with lunar caustic and it will disappear gradually.

**To Remove Warts** from the hands or face so that no scar will be left, take a piece of raw beef, steep it in vinegar, and then tie it upon the wart over night. It may be removed during the day and put on again at night. In two weeks the wart will die and peel off. The same process will often cure corns.

**Chapped Hands and Lips.**—Chapped hands or lips are a great annoyance. The hands should be thoroughly bathed with castile soap and water and then our Household Salve or Toilet Cream freely applied. You must avoid the use of soaps containing potash as they injure the skin. Our Household Salve is far superior to glycerine for chapped hands.

**To Remove Freckles** which are an annoyance especially to young people, take a teaspoonful of powdered saltpetre, moisten it with water and apply it to the face night and morning. Another expedient, which is perfectly harmless, is to apply a mineral water such as Vichy to the skin for several minutes night and morning. It should be allowed to dry on the skin. Freckles are often due to exposure in the hot sun. Our White Rose French Toilet Cream can be used upon the face to take out the irritation caused by such exposure. Tincture of benzoin painted on the freckle spots with a small brush and left on over night will often be found successful.

**Tan and Sunburn** are the bane of fastidious people. When the face is browned by exposure, bathe it with a little cold cream, then wash it with tepid water. To prevent tan and sunburn, take the juice of a fresh lemon, rub it upon the face and allow it to dry on before going out in the sun. At night you can apply almond meal upon the skin and wash it off in tepid water the next morning.

Do not use cosmetics because they will close up the pores of the skin, and ruin the complexion. If you have pimples or sores upon the skin apply our Household Salve as often as once every twelve hours. At the same time the blood should be thoroughly cleansed by taking our Blood and Skin Remedies, No. 1 before and No. 2 after each meal.



## ADVICE ABOUT BATHING.

The Object of the Bath is primarily that of cleanliness, but it is often indulged in as a luxury and a pleasure. Salt water baths act as a stimulant to the skin and when convenient they are to be preferred. Sea bathing has special value, as sea water contains chlorides which seem to impart special tonic properties to the system. Furthermore the air at the seashore is bracing, not merely as a passing sensation but as an actual reality. You take into the lungs the excess of oxygen which is found at the seashore and with it other ozone elements which are a stimulant to the whole system.

The Duration of the Bath should be governed by the health of the individual. Some people can remain in a bath longer than others. Young persons should never overdo in this respect. If they find after coming from the water that they are tired and languid, they can be assured that they have remained in the bath too long. If it has acted as a tonic they will quickly recognize it. If it is found after coming from the bath that the skin is pale, the lips blue, the night's sleep restless, the appetite impaired, it will be an indication that a few doses of our Perfect Circulation Tonic are needed to restore the system and prevent further trouble.

The Best Hour in the day for baths is when the stomach is comparatively empty. A bath should never be taken on a full stomach. A cold sponge bath when first arising from bed in the morning, followed by vigorous friction with a Turkish towel, will promote the circulation and be consistent with good health. If the lips are pale and the skin blue, our Perfect Circulation Tonic may be taken with great advantage at all times.



**The Temperature** of the bath plays an important part, the cold bath usually acting as a tonic when healthy reaction is brought about by vigorous rubbing. Hot baths when used for any length of time are always debilitating and rarely beneficial. Hot baths when taken to break up a cold or fever, however, will be found of great service. Warm baths for children are recommended early in the day to be followed by a douche of cold water. The temperature of a bath for a child from two to eight years should be 60 degrees.

**Medicated Baths** are often of great value. One or two of our Household Antiseptic Tablets in two gallons of water will make a suitable solution for a medicated sponge bath. The temperature of the room for bathing should always be comfortable; for invalids it should never be below 70 degrees.

## ADVICE ABOUT SLEEPING.

**Sleep Necessary.** — Sleep is an actual necessity for every human being. Every thought, action and word, every movement of the body, uses up a certain amount of nervous energy. To repair this waste, sleep is Nature's panacea. The system, exhausted by any form of physical labor, must be built up and strengthened for the next day's work. Nothing can compensate for quiet, refreshing, undisturbed sleep. Sleep will cure many diseases completely. Complete rest can only come to the body during sleep. The length of time necessary for sleep should be jealously guarded and rigidly observed. Strong, healthy people do not need as much sleep as children and invalids. Old people require from ten to twelve hours of complete, undisturbed rest.

**Position During Sleep.** — The muscles during sleep must be completely relaxed, hence the recumbent position is absolutely essential. Sleep has much to do with repairing the vital energies of the body. Some people can sleep on a pillow better than with the head on a level with the body. Children need a soft pillow to make them sleep well. It is impossible to lay down any particular laws upon this subject as it varies much with different individuals and different temperaments. Parents who have wakeful children should be very cautious about waking them up in the morning. Let them sleep until Nature wakes them up. When they have had the proper amount of sleep they will wake up.

**Early to Bed.** — Do not let a child sit up late at night or do any studying after the lights are on. A child under ten years of age should be put to bed promptly at seven o'clock every night and allowed to sleep for twelve full hours. An invalid cannot sleep too long; they should never be awakened and thus deprived of the greatest support which Nature has provided for them. A child should always be put to sleep in a happy and contented state of mind. Never scold a child after the supper hour nor give any lecture, nor do anything to wound the child's feelings at such a time. A good-night kiss will do much more to promote the healthy sleep of the child, and a little hug and a parting tender word will often accomplish wonders in that respect.

**Healthful Sleep** is as necessary to a nervous person as suitable food. In such people there is always a strong tendency to rush of blood to the brain. The circulation is impaired and a few doses of our Perfect Circulation Tonic taken through the day or after supper will enable the sufferer to quietly drop off to sleep and awaken perfectly refreshed.

**Admit Fresh Air.**—No matter in what part of the house you have your bed, be sure that the room is properly ventilated. Do not be afraid to open your windows. Let the cold air come into your room. It is as important from a health view as pure water. If you sleep in a close, damp, or poorly ventilated room, you are sure to have rheumatism, dyspepsia, or nervous troubles and impure blood. Ventilation of the body is equally important. Get out in the sunshine. Let the air and sunshine penetrate to every portion of your clothing.

### ADVICE ABOUT CLOTHING.

**Healthful Clothing.**—In our changeable climate, the most healthful clothing the year round is made of wool. If worn next to the skin in summer as well as winter, coughs, colds, diarrhœa and fevers would often be prevented. Sudden deaths of children from croup and lung troubles would seldom occur if proper precautions were observed in this respect. Wool garments at all seasons should be changed often to keep them clean and free from perspiration and odors. Do not decide that because your underclothing is made partly or wholly of wool that it will be uncomfortable in warm weather. As a matter of fact coughs and colds are almost unknown when light flannels are worn next to the skin, although for warm weather they should be very thin. Many women object to them because they are bulky about the waist but they can be obtained almost as thin as cotton garments. Some mothers dread to use wool upon their little ones, because they fear they will be too warm. Light wool garments are the only efficient and proper clothing for a child. Do not be afraid, dear parent, to clothe your children in a proper manner so as to secure for them the greatest amount of protection.

**Dry Clothing.** — If you get caught in a shower, put on dry clothing just as soon as you possibly can. This is necessary because damp clothing will rapidly chill the surface of the body. If you cannot get dry clothing quickly, give the body a thorough rubbing with a coarse towel as soon as you are able, apply our Household Liniment to the body and limbs, rubbing it in well, and take a few doses of Glyhypophosphites or Household Grip-Cold Cure. Follow this advice, put on dry clothing, and you will be fully protected. Allow the cold air to get to your throat; there is danger of taking cold by wearing clothing muffled closely about it.

### THE HEALTHFUL HOUSE.

**The Healthful House** depends upon its situation, construction, and good management. If it is built on dry ground it will be more healthful than where the soil is known to be damp. It should never be near a swamp nor a moist locality, nor where there is a filthy pool of water. The foundation of the house should be so constructed that dampness cannot gain an entrance therein. Hence there should be free drainage and damp-proof floors in the cellar.

**Avoid a Damp House.** If you are living in a section that is known to be damp, get out of it. You had better wear out your shoe leather than pay doctors' bills. If you live in a dwelling that faces on an open street, it is much to be preferred. Aim to live in a corner house if you can, for there will be more air reaching your home and it will not be hemmed in by other houses on either side. It is not healthful to have your house completely surrounded by trees. It should be your aim to so arrange the trees upon your lawn as to admit the free entrance of sunshine into the house as well as allowing a free current of air.

**Damp Walls** act as absorbents of heat and by their evaporation and radiation increase loss of heat. Diseases of a rheumatic character, lung trouble, catarrh, kidney diseases, etc., are known to result from living in damp houses. The cellar of a house should be made of stone or brick and the cellar floor of cement. It should be kept perfectly dry, clean and freely ventilated. If your cellar is cold or damp, see if you cannot admit a little sunshine or a current of fresh air into it. This may necessitate the putting in of another window or bulkhead.

**Wetting Coal.** — Do not acquire the habit of wetting the coal in your cellar. If you do that, you can be sure that poisonous gases will get into your bedrooms and living rooms and do lots of harm.

**The Kitchen Sink.** — Never build a sink near a kitchen door. Have it far inside or wholly outside. There is nothing about the house which should give you greater concern than the kitchen sink as there is no one place that can give off more foul odors. It should be your aim to keep your kitchen sink clean and sanitary and fully disinfected.

**Dirty Water.** — Never let dirty water stand in a sink or basin or slop bowl. It is a bad practice and it is sure to breed disease sooner or later. Look out for the dish cloth. If your kitchen girl is using a dish cloth that gives off a bad odor, you can be sure that it is full of disease germs. Throw it into the fire and afterwards wash your dish cloth every time you use it. Keep it perfectly clean and have a new one for use at least every ten days. It is a fact well known to the medical profession that more cases of typhoid fever are brought about by germ-laden dish cloths than any other source, and the same is true of diphtheria. Guard well the back door and especially the kitchen sink and dish cloth.

## ADVICE ABOUT CHILDREN.

**Food for a Baby.** — A nursing child finds its best and its earliest nourishment from the mother's milk. There are exceptions to this rule, such as when the mother is suffering from a blood disease or comes from a consumptive family or is addicted to the use of narcotics. In almost every instance nothing more than the mother's milk is needed for the child, until the first teeth appear. If the milk from the mother's breast is not sufficient, diluted milk from the cow will supply the lack.

**Artificial Food.** — If a child does not nurse on its mother, cow's milk may be substituted. During the first month of a nursing babe, it should consist of one part of warm milk and two parts of warm water in which sugar has been dissolved. If the child is given one-half glass of diluted milk for a nursing, it should contain about one-third teaspoonful of pure sugar. Condensed milk, if used at all must be diluted in the proportion of one part of condensed milk to ten parts of water. It is the experience of physicians that condensed milk is the first best artificial food and comes next to mother's milk. A wet nurse should never be employed except under the direction and advice of a physician.

**Important to Train a Baby.** — Always train a baby to nurse at regular intervals, although these intervals in a child from one to six months of age must necessarily be quite frequent. It is a mistake not to nurse a baby less than one year old oftener than each two hours. When the child is older the intervals can be gradually lengthened. Young babies need nourishment oftener than each two hours. Such a rule might work well in isolated cases, but in the majority of homes it will give rise to dissatisfaction and great suffering.

**When to Wean a Child.** — If the mother and child are healthy, the weaning should not occur within a year. It may be stated as a rule that a child should not be weaned until its first teeth have made their appearance. If these begin to appear in the gums by the time the child is eight months old, the child may be gradually weaned. Nursing should not cease at once as it might do harm especially during the hot months. First wean the child from nursing during the day time and then later from night nursing. Food may be given consisting of a little bread or a cracker soaked in milk or sweetened water. You can give a little cooked arrow-root or cooked flour made from rice, a little sago or gruel or oatmeal may be added.

**Uncooked Food.** — If the mother is wise she will be careful to see that the food is well cooked and neither hot nor cold but just about the temperature of the body. Never give a child tea or coffee or other highly seasoned food. Do not give a child meat or even beef tea, until there are at least six teeth in the jaws. A celebrated French physician states positively, that a child should not be weaned until it has twelve teeth. Such a rule may be better than any rule which is founded on the age of the child. It is dangerous to begin the weaning process if the child is teething. It should either come before or after, and should be avoided in the hot months of July and August when so many infantile complaints are to be feared. The death rate among children could be greatly reduced during the hot months if mothers would be careful to keep children on a low or short diet and allow them to drink but little water. If a mother is nursing a child during the hot months, she should avoid eating much meat and highly seasoned foods.



**How to Feed a Child.** — Its meals must be as regular as possible and children should not be allowed to eat between meals. Let them come to the table with the rest of the family for the habit of regularity cannot be too strongly insisted upon. If the child is young it may be given food more often than the father or mother takes it, but always at a regular hour; the mother should arrange a regular time for the child's meals and stick to it.

**Nursing Mothers.** — Does it hurt a mother to nurse? The rule is never. Many women have their health improved by nursing. Delicate females have experienced the very best results from nursing a child, as many of the complaints incident to women have been known to be removed or at least improved by it. Here is a fact that will interest the mother. Very few women die when nursing. The rule is that deaths of nursing women are rare indeed. If you should ask why, we might say that the spirits of a woman during the nursing period are generally more lively and even tempered. They are not apt to become cross and fidgety. There is a general feeling of health and comfort and satisfaction to the nursing mother which other women do not feel. This is an influence which prevents the mother from acquiring any severe illness; it is the influence of the growing life of the child and the love the mother bears to her offspring that renders her immune from critical illness.

**What Mothers Should Eat.** — The mother's food when nursing a child must be easy to digest and simple. It is a truth well worth repeating, that the food which agrees best with the mother when nursing will also agree best with the child. A woman nursing her child should eat freely as to quantity of food which should be of the very best quality.



**About Bathing Children.** — To prevent a babe from being chilled, it should be washed first in a little tub and the whole body except the head immersed in warm water. To keep the babe sweet and thoroughly clean, the bath should be given every morning and every evening, during the first few months. Not only is this healthful to the babe but it accustoms the child to water. The warm bath should be kept up until the child is between one and two years old, when it can be made a little cooler, each time until a cold bath can be given.

**Clothing for Children.** — The clothing should be quite warm and yet light. During the first six months let the clothes be long, then make a change not to short clothes but to those that are about one-half way between short and long. Then when it is about time for the child to walk, change to short clothes. Special care must be taken to keep the feet warm and dry, and it is well to have soft light flannels worn next to the skin, but loose enough for comfort upon the body.

**Sleep for Children.** — If you want healthy children, see to it that during the first year your child sleeps at least two-thirds of the time. When it is fifteen months old a child should sleep one-half of the time. It should be encouraged to take a nap in the middle of the day, but after the age of two years it may be somewhat difficult to carry out this plan. One point must be rigidly enforced and that is regular hours for sleep. The earlier the child goes to bed at night the better, and no circumstance, whether it be callers in the house or if you are away from home visiting, should be permitted to interfere with the regular sleeping hours of your child. Insist upon it, if you value your child's physical and mental health.

**How to Prevent Bow Legs.** — These are common deformities and wise mothers will often say that a bow-legged child was allowed to walk too soon. Distinguished physicians, however, deny this. They attribute it largely to a habit children have of rubbing the sole of one foot against that of the other. If you will watch your child you may see that it will go to sleep with the soles of the feet closely pressed together. They seem to enjoy sleeping with the feet in that position. If you will put socks or little slippers upon the child, you will see that they will no longer have the desire to sleep in that position. The remedy, therefore, for bow legs is to keep little socks or slippers on the child's feet. However, it is not well to teach a child to walk at too early an age.

**To Prevent Knock-Knees.** — Another habit a child acquires is apt to cause knock-knees. It sleeps upon its side, with one knee tucked into the hollow directly behind the other. To prevent knock-knees put a little pad on the inside of the knee so as to hold them apart and permit the limbs to grow in their own natural direction.

**Watch Children's Feet.** — Discomfort, diseases and afflictions may be engendered that will last a lifetime through inattention or carelessness about a child's feet. Never let your child go to bed or go to sleep with cold feet. If you neglect this you need not be surprised if you find the next day or two that your child has a little croup, or a sore throat or possibly diphtheria. When your child comes home, if the stockings are damp, hold the bare feet directly to the fire or over a hot register and rub them with your hands until perfectly dry, then put on fresh stockings and a dry pair of shoes. Keep the children's feet dry and warm, it promotes health.

**A Child Needs Exercise.** — You cannot get your children out of doors too much. If you live in a large town, get a baby carriage or jumper and take your baby out as regularly as clockwork, avoiding of course exposure in bad weather. Be careful to avoid violent exercise, hence you should not toss your child up and down, nor jolt it, especially during the first year. If you carry your child around in your arms or in a carriage, let it be in a horizontal position, lying down. A child who is allowed to run out of doors and to have plenty of fresh air, fun and frolic with others, will as a rule have a good appetite and excellent health.

**Loss of Appetite.** — If you find your children losing their appetite the fault is probably your own. They are probably not regular in their habits. The food may not be plain; it may be too stimulating and taken too often and too freely. Sometimes a child's appetite will be poor from the fact that they have too many studies to do at school and when they come home they are confined too closely to the house. This means that you should permit them as much as possible to play outside of school hours.

**Highly Seasoned Foods.** — Rich food, candies, nuts, etc., should be kept away from children. If you fail to observe these suggestions you need not be surprised to find your child unhealthy, pale, weak and dyspeptic. There is another thing you must be careful about. Do not compel your children to eat when they do not want to. If your child does not have an appetite, it won't digest the food if it eats it. Appetite follows digestion; a good appetite usually means a good digestion. If you find your boy or girl drooping and refusing food give them a few weeks' treatment with our Household Bitters.

## ADVICE ABOUT THE SICK ROOM.

**It Should be a Light One.** — Except in isolated instances, such as measles, etc., plenty of light in the sick room is indispensable, but it should not be glaring. It should be admitted in large quantities. Plenty of light is an element of cheerfulness to a sick one and on that account it should be admitted as freely as can be borne without annoyance.

**Sunlight** has a very powerful influence for good upon the human system and its presence in a sick room is regarded as a prime necessity. You may need a curtain or screen to protect the eyes, but there is no substitute for sunshine and light as a sanitary agent where a sick person is confined.

**Things Not to be Omitted.**—The walls of a sick room should be of a cheerful, suggestive tone. The patient should lie on a bed so situated as to be able to catch occasional glimpses of out-of-door objects, even if it is only a tree or a cloud in the sky. A sick person, who has lain for days and weeks, looking only at the tracings of the wall paper or at the familiar curvatures of the furniture until every nook and turn is familiar, will immediately begin to improve if you will raise the curtain a little and let the outside world in.

In the sick room let there be a change made of some sort every day. Move the pictures about, rearrange the furniture, move the draperies, bring in some fresh flowers. Do something about the sick room that will change its appearance. All this has its effect upon the sick person; it takes the mind away from the body.

Do not tiptoe about a sick room. Never whisper. If you do you will be sorry. Speak in a natural tone of voice and walk even if your shoes do squeak just as if you were there for some good purpose.

**Reading to a Sick Person.** — Trained nurses will tell you that reading aloud in a natural tone of the voice in a sick room can be better borne by the patient than to read in an undertone or in a very loud voice. Do not allow a person who is sick to read if it cannot be done when sitting upright. Do not read to a person who has a fever. There is too much irritability of the brain, and the effort of listening may bring on delirium. If you read at all, do so slowly, so that the sick one can take in what you read. Understand that the thoughts of a sick person travel slowly. If you cannot read without stammering, hurrying or mumbling, do not read at all to a sick person.

**A Kind Voice Necessary.** — Never speak a harsh or loud word in the sick room. Many visitors and relatives will often disregard this important point. If a person has a rough, harsh voice and neglects to control or mellow it, when visiting a sick person, it will do a great deal of damage. It will shock the system and make the patient nervous and fretful. Remember that a sick person cannot endure either a rough voice or a loud one. You will find sometimes a patient requesting that such and such a person shall never be allowed to come again. Every one who has access to a sick room, should speak distinctly when they have anything to say and yet softly so as not to produce a shock to the patient's nervous system.

**How to Move a Patient.** — If you want to move a patient from one bed to another, you can place one bedstead against the foot of the other, and then while the patient is in a horizontal position, make the sheet which lies under the patient the cradle in which to carry them to the other bed. Roll a long pole into the sheets upon each side of the patient.

Then you can take up the patient and move from one bed to the other quite easily. If you go at this in the right way you will be surprised how easily you will succeed, and without annoying the patient a particle.

**Contagious Diseases.** — If a person has a contagious disease, one room must be set apart for the sick one or a part of the house must be separated completely from the other inmates. You must secure proper ventilation of the sick room, seeing that the air is always fresh. If you do not give the patient plenty of air, if you do not see that fresh air circulates freely into every part of the room where a person is sick with a contagious disease, you need not be surprised to find others becoming afflicted with the same trouble. Every article of clothing, bedding, utensils and crockery which is used by the patient must be isolated. When removed from the room, such articles should be put immediately into boiling water and allowed to remain in the hot water for at least one-half hour. A nurse should be restricted to the sick room and not allowed to go about other rooms in the house. Remember that a contagious disease can be communicated by poisoned air as well as by the clothing and other articles which have been used or touched by the sick one. When the patient is up and about and leaves the sick room, the latter must be promptly purified and disinfected. You will boil everything that will admit of being boiled. Every article that can be scalded should be scalded and the room should be fumigated by burning sulphur in it with the doors and windows tightly closed. The floors should be scrubbed, the ceilings white-washed and the walls newly papered and thoroughly cleaned and all wood work newly painted.

## PRECAUTIONS ABOUT HEALTH.

**Things to Avoid.** — Never eat hurriedly, because it will lead to dyspepsia. Never dine in excitement, because the blood which goes to the brain should be used to aid in the digestive process. Never swallow food until you have thoroughly chewed it, because it will not digest properly. Never eat unless you want food, because when you are actually in need you will feel like eating. Never sleep with your mouth open, because the air which you breathe will disturb the mucous membranes. Never go to bed without washing the face and hands, because dirt accumulates on the skin more quickly in the daytime than at night and is absorbed into the body during sleep. Never start out on a journey until you have taken your breakfast.

**To Avoid Taking Cold.** — In winter do not go out of a warm room quickly into the cold air. Wait until you have rested, if you have been dancing or at active work. When you do go out, button up your coat, wrap up your neck, put on your overcoat or jacket and close your mouth before going outside. Neglect of these precautions have been known to result in pneumonia and consumption. If you are a speaker or public singer never undertake to speak or sing when it requires a great effort or produces a painful sensation in the throat or larynx.

**About Wet Clothes.** — There is always danger to health when the clothes are wet. People often wonder why wet clothing about the body causes a chilly feeling. It is easily explained. Water when it evaporates carries off with it an immense amount of heat, which is called latent heat. One pint of water in the form of vapor contains as much heat as ten pints of liquid water and all such heat must of course come directly from the body.



If your clothes when wet are one pound heavier than when dry, that one pound will in the drying process carry off as much heat as will raise one gallon of ice water up to the boiling point. Think about it! If you have become sweaty from active or unusual exercise, and your clothing has become wet, it probably contains at least a pound of perspiration. If you let your clothes dry upon you, the drying process will take out of your body as much heat as would be required to boil a gallon of ice water. You can now see just how damp clothing will injure anyone.

**About Visiting the Sick.** — Never go into a sick room while you are in a state of perspiration, because while sitting there you will become cool and the pores of the body will absorb the poison more freely at such times. Do not sit between a sick person and the fire, or go near a person that has a contagious disease when your stomach is empty.

**How to Escape Fevers.** — If your house is properly chosen, well lighted, well ventilated, kept clean and your family are thoroughly washed and cleaned, there is comparatively little fear of an infectious disease entering. You should, however, know just what measures to use in resisting and escaping an infectious disease and how to avoid taking it.

**Infectious Fevers.** — All such fevers as typhoid, scarlet fever, small pox, measles, etc., arise from the introduction of a poison into the blood, which after spreading through the system is given off from it usually through the skin and the lungs. This poison has been actually condensed out of poisoned air, resulting from filth and decay. The poison appears in the form of a dirty, half fluid sort of a jelly like stuff, which would poison a dog to death or kill a cat in half an hour.



**To Avoid Infection,** ventilation is of the first importance. Poisonous infection is lighter than air, and hence will ascend. We should therefore, permit it to get out of the room at its top. It is for this reason that in the wards of a fever hospital few cases of actual infection occur. If there were no ventilators in the ceiling, the doctors and nurses would almost invariably catch the disease and the patients would die almost invariably. Keep the air fresh by opening the windows at the top, but be careful not to expose the patient to a draft.

**To Avoid Fever Poison.**— You may breathe it over and over without bad results and it will not hurt you unless it gets into your blood. The delicate skin of the lungs or the minute air cells of the same, are active absorbents, and whatever is inhaled must come in contact with the absorbing surface and is then liable to pass into the blood. A doctor may be exposed time and time again without catching a disease and yet by one act of indiscretion he may fall a victim. When the pulse is weak and the heart's action feeble, absorption is very active; but when the pulse is strong, absorption is weak. Regularity of sleep, our Perfect Circulation Tonic, strengthening food, and plenty of fresh air, diminishes the risk of the poison entering the blood by keeping the action of the heart strong and regular, while the lack of sleep, hunger, fasting and impure air, always weakens the action of the heart and increases absorption. When the bad air or bad odors which emanate from a sick room are not destroyed or disposed of by proper ventilation, it adheres to the furniture and the clothing, especially to cotton and woolen goods, hence everything must be done to secure a proper ventilation of these articles as well. Expose them in a current of fresh air or let

them stand in scalding water if possible for one or two hours before you wash them, and then do not fold them up for some time. Black or dark materials absorb fever poison more easily than white. The best dresses for a nurse are those that are white and made of cotton.

If the air is cold and damp and you feel a shivering chillness, you are in danger of absorbing infections. It is therefore important to wear light flannels next to the skin. Do not fear danger but avoid it. The fear of being poisoned is often a fruitful source of disease as it weakens the pulse and in fact the whole body. Our Perfect Circulation Tonic strengthens the action of the heart and warms a person thoroughly, thus protecting them from contracting contagious diseases; always take one or two of the tablets as a safe-guard before entering a sick room.

### FOOD AND DRINKS FOR THE SICK.

**Toast and Water.** — Toast a piece of bread crust about three inches square till it is of a light brown on both sides; then plunge it into cold water, and let it stand for half an hour in a covered vessel.

**Barley Water.** — Take a cupful of pearl barley, wash it in four waters — that is water poured on it four times and thrown away so that it may be clean; rub two or three pieces of sugar on a lemon cut open and put them in a jug with the washed barley and a few slices of lemon; then pour hot water on the whole and cover it until cold.

**Barley Gruel.** — Boil two ounces of pearl barley in half a pint of water for five minutes to extract the coloring matter, throw this away and put the barley into three pints and a half of boiling water and let it boil until it is one-half the quantity; then strain it for use.

**Oatmeal Gruel.** — Take two tablespoonfuls of oatmeal, half a teaspoonful of mace, a small piece of lemon peel, three quarters of a pint of boiling water or milk and a little sugar.

**Parched Corn Gruel.** — There are frequently sick people whose stomachs reject all kinds of nourishment until conditions follow that in many cases of this kind terminate fatally. In many cases when the popular sick-bed nourishments are prescribed and rejected, a simple saucer of parched corn pudding or a bowl of gruel will seldom be refused. The corn is roasted brown, precisely as coffee is roasted, ground as fine as meal in a coffee mill, and made either into mush, gruel, or thin cakes, baked lightly brown and given either warm or cold, clear or with whatever dressing the stomach will receive or retain.

**Ground Rice Milk.** — This is an agreeable way in which to administer rice to the sick. Boil together two tablespoonfuls of ground rice with a pint of milk. Sweeten it according to taste, adding the juice of a lemon. Let the whole boil for half an hour over a moderate fire. Eat while warm.

**Bread Jelly.** — Take one roll, one lemon, one quart of water and sugar to taste. Cut into thin slices and toast them to a pale brown on both sides. Put them in a quart of water. Let it simmer over the fire until it becomes a jelly. Strain through a thin cloth and flavor it immediately with a little fruit juice and sugar.

**Iceland Moss Jelly.** — Wash and crush Iceland or Irish moss and soak it all night; drain and boil it (putting an ounce of moss to a quart) till it is reduced to one-half the quantity of water; strain it through a sieve. Take it with milk or flavored to the taste. It may be boiled in milk and turned into a mould to cool.

**Apple Tapioca.** — Pare, core and quarter eight apples; take half a teaspoonful of tapioca; put it to soak and swell all night in water. Put in half a teacupful of white sugar and a little lemon peel; put this into a stew pan and let the tapioca simmer ten minutes, then put in the apples and stew ten minutes more. When the tapioca is clear it will form a jelly around the apples.

**Tapioca Jelly.** — Take four tablespoonfuls of tapioca, rinse it thoroughly, then soak it five hours in cold water, enough to cover it. Set a pint of cold water on the fire; when it boils mash and stir up the tapioca that is in the first water and mix it with boiling water. Let the whole simmer gently with a stick of common cinnamon or mace. When thick and clear mix a couple of tablespoonfuls of white sugar with half a tablespoonful of lemon juice; stir it into the jelly; if not sweet enough add more sugar and turn into cups.

**Meat Jelly.** — Take half a pound of mutton, half a pound of beef and half a pound of veal or pork, with a small piece of bone or bacon. Put in water enough to keep it from burning and cover it close. Let it simmer for three or four hours until the juice of the meat is entirely out, and then strain it off and let it stand until cold. If there is any fat it can be removed. A person recovering from an illness should not be left all night without food. Some of this jelly within reach is excellent.

**Arrow Root.** — Put one teaspoonful of arrow root into a basin; rub it very smooth with two tablespoonfuls of cold water; pour over this half a pint of boiling water or milk in such proportions as may be allowed, stirring well the whole time. It is generally better to boil it for two or three minutes; sweeten to the taste.

**Apple Water.** — Slice two large apples and put them into a jar and pour over them one pint of boiling water. Cover close for an hour; pour off the fluid and sweeten if necessary.

**Apple Tea.** — Roast eight fine apples in the oven or before the fire; put them in a jug with two teaspoonfuls of sugar and pour over them a quart of boiling water. Let it stand one hour near the fire.

**Currant Drink.** — To a pint of freshly gathered currants (stripped) put a pint of water; let them boil together ten minutes or a quarter of an hour, then strain and sweeten to taste; a few raspberries added give a pleasant flavor. The same may be produced in winter by simmering two tablespoonfuls of currant jelly in half a pint of water.

**Figs and Apples.** — Have two quarts of water boiling. Split six figs and cut two apples into six or eight slices each; boil the whole together twenty minutes; pour the liquid into a basin to cool and pass through a sieve when it is ready to drink. The figs and apples when drained may be eaten with a little boiled rice.

**Broth from Fowls.** — Take an old fowl; stew it to pieces with a couple of onions. Season lightly with pepper and salt; skim and strain it.

**Chicken Broth.** — Cut up a young fowl into several pieces, put into a stew-pan with three pints of cold water, set on the stove to boil; skim well and add a little salt; take two tablespoonfuls of pearl barley, wash it in several waters and add it to the broth together with one ounce of marshmallow roots cut into shreds for the purpose of better extracting its healing properties. The broth should then boil an hour and be passed through a napkin into a basin to be kept ready for use. This makes a good strengthening drink for invalids.

**Birds for Convalescents.** — To cook them properly, lay them upon the gridiron; broil until they have a light brown color; then put them in a stew-pan, pour over hot water enough to cover them. Let them stew until tender. Season with a little fresh butter, pepper and salt. Chickens, birds and squirrels stewed in a double boiler are very delicate for invalids. If permitted, stuff the fowl and birds with minced oysters.

**Mutton Broth.** — Take one pound of mutton, put it into a sauce-pan with two pints of water and a little salt; let it simmer gently for two hours; strain it through a sieve, and when cold carefully remove every particle of fat. It may be thickened with a little arrow root or ground rice, as required.

**A Strong Broth.** — One pound of veal, one pound of beef, one pound of mutton, a little salt, three quarts of water, with a little salt and a few whole peppers. Boil it until reduced to one quart.

**Nourishing Soup.** — Two pounds of lean veal or beef, a quarter of a pound of pearl barley, a little fresh celery, a little salt. Boil two pounds of lean veal or beef with a quarter of a pound of pearl barley in a quart of water very slowly, until it becomes the consistency of good cream. Flavor it with a little fresh celery. Strain it, when done, through a fine hair sieve and serve. This soup will only keep until the next day, therefore not more than the quantity required must be made.

**Gum Arabic Cordial.** — One ounce of gum arabic in powder; mix well with two tablespoonfuls of honey; shave a little rind of lemon, clean off the white pith and cut the lemon into slices into a jug; then stir on it by degrees a pint and a half of boiling water. This is particularly good in any complaint that effects the lungs or chest.

**Savoy Custard.** — A savoy custard much relished by sick people is made in the following manner. Take the yolks of two eggs and the white of one and put in a small basin; add one gill of beef tea and a quarter of a teaspoonful of salt; whip the eggs and the beef tea; take a small cup which will hold the mixture and butter it. Take a small piece of white letter paper and butter it, then tie it on the cup; set in a sauce-pan with hot water and put it on the fire to boil; when the water is boiling up in the cup let it simmer for a quarter of an hour and serve hot. It is very nourishing to an invalid.

**Raw Beef.** — Physicians often administer to consumptives and persons of frail constitutions a diet of finely chopped raw beef, properly seasoned with salt, and heated by placing the dish containing it in boiling water. This food is given also where the stomach rejects almost every other form of food. It assimilates rapidly and affords nourishment, while patients learn to long for it and like it.

Some of the severest forms of that distressing ailment called dysentery are sometimes entirely cured by the patient eating a heaped tablespoonful of raw beef at a time, cut up very fine and repeated at intervals of four hours until cured, eating and drinking nothing else in the meantime.

**Recipe for Raw Beef Tea.** — Mince finely one pound of lean beef, place it in a preserve jar or other suitable vessel and pour upon it one pint of cold water. Stir and allow them to stand for about an hour so that the goodness of the meat may be dissolved out of it. Next place the jar or vessel in a sauce-pan of water over a fire and let the water boil gently for an hour. Remove the jar and strain. The beef tea which runs through contains a quantity of fine sediment, which is to be drunk with the

liquid, after being flavored with salt to suit. The jar may be placed in an oven for an hour instead of in the water as above. Beef tea thus prepared represents a highly nutritive and restorative liquid, with an agreeable, rich meaty flavor. The old method of boiling the beef over the fire in a sauce-pan makes a soup or broth, not a tea.

**Diet for Dyspeptics.** — Great care is necessary in regard to the food a dyspeptic eats. When everything disagrees the patient is never a good judge of what is best. Meat which is tender, especially good beef, lamb, turkey, chicken, stale bread, oatmeal mush and crackers should make up the bulk of his food. A dyspeptic must eat slowly and take plenty of time for it, with the mind as much at ease as possible. A dyspeptic should never eat any fluid foods, pies, pastries, puddings, or any highly seasoned articles. He should also abstain from the use of soups. It is better for him to use food that is dry that may require the natural saliva with which to mix it before it is swallowed. The food of a dyspeptic must never be washed down with water or any other fluid. Fruit of any kind must be very sparingly used, and if the appetite demands something of that sort a little grape juice should take the place of other fruits. The tendency of a dyspeptic is to eat too much and too often. Cracked wheat, rice, and other cereals may be usually eaten without distress, but if these articles give rise to fermentation they must be avoided. Our Household Dyspepsia Cure is an invaluable remedy for acid dyspepsia. We can recommend it in the highest terms. In every instance where it has been used under the direction of our physician a splendid result has followed. For nervous dyspepsia our Vegetable Stimulets is the remedy required.



## ANTIDOTES FOR POISONS.

**Bites of Insects.** — Among the symptoms following the bites of scorpions, tarantulas, centipedes, spiders, stings of bees, hornets, etc., are headache, vertigo, dizziness, dimness of sight, and feverishness. Sometimes the wound is not much inflamed, while in other cases it becomes red, painful and swollen, ending in suppuration.

**Treatment.** — Cleanse the wound and sponge it thoroughly with a strong solution of ammonia and afterwards cover it with a linen cloth wet with a solution of ammonia,

**Poison from Bees, hornets, spider bites, etc.,** is instantly arrested by the application of equal parts of common salt and bicarbonate of soda well rubbed in on the place bitten or stung.

**Poison Ivy and Oak.** — The common wild turnip, or "Jack-in-the-Pulpit," as it is called, is an excellent remedy when scraped and applied to the poisoned parts. When the blisters have flattened apply our Household Salve to heal them soon.

**Lead Poisoning.** — In cases where people frequenting freshly painted rooms are affected in a disagreeable manner, the poisoning is due to the presence of lead in the paint. Painters are often poisoned by washing paint from their hands by means of turpentine. The turpentine brings the particles of lead into such a condition that they are easily absorbed by the skin. Lead is also found in hair dyes in large quantities and is very injurious, producing brain and spinal troubles.

**In a Case of Poisoning.** — Whatever is done when poison has been swallowed must be done quickly. The instant a person is known to have swallowed poison by design or by accident, give water to drink, cold or warm, as fast as possible, a gallon or more

at a time, and as fast as vomited drink more. Tepid water is best as it open the pores of the skin and promotes vomiting and thus gives the speediest cure from the poisonous article. If pain begins to be felt in the bowels, it shows that part of the poison at least has passed downward; then large and repeated rectal injections should be given, the object in both cases being to dilute the poison as quickly and as largely as possible. Do not wait for warm water, take that which is nearest at hand, cold or warm, for every second of time saved is of immense importance; at the same time send instantly for a physician, and as soon as he comes turn the case into his hands, telling him what you have done. Drinking a gallon or two of simple water will not cure every case of poisoning, but it may cure many.

If the poison swallowed is known to be an acid by the name on the bottle or by the discolored spots on the dress, or by having a sour taste when the tongue is applied, alkalies will be the proper antidote — such as lime, chalk, magnesia, soda, or whitening mixed with milk. If on the other hand poisoning has occurred from an alkaline substance such as caustic soda, potash or pearl ash; vinegar will arrest its progress. The antidote for corrosive sublimate is eggs; and for sugar of lead, epsom salts. Arsenic may be rendered inactive in the stomach by a dose of hydrated peroxide of iron.

A poison of any conceivable degree of potency, which has been swallowed intentionally or by accident, may be rendered instantly harmless by swallowing one-half pint of sweet oil. An individual with a very strong constitution should take twice this quantity. Olive or sweet oil will neutralize every form of vegetable or mineral poison with which physicians or chemists are acquainted.

## EMERGENCIES AND ACCIDENTS.

**Loss of Blood a Real Loss.** — Many deaths from wounds might be prevented if the means were immediately at hand for stopping the flow of blood. In any case the loss of blood is a disaster from which it takes a long time to recover. The means to be taken to save life must be adopted instantly, before a surgeon can be called, and therefore ought to be very commonly understood.

**Bleeding from Veins.** — Ordinary bleeding from small cuts or injuries may be stopped by cold water, ice, or pressure, until a cloth has had time to form. The wisdom of our Maker has made this wonderful provision, that as soon as blood ceases to circulate in its proper channels or comes in contact with the air it will coagulate. By this means a plug is formed at the mouth of an open vessel to stop the flow of blood. Cold water and various styptics like sulphate of iron, tannin and alum, hasten this result.

**Bleeding from Arteries.** — Blood may often be seen to flow from one small point of a wound. This indicates the opening of a small artery. Slight pressure with one finger or the ball of the thumb over the spot, will stop it as long as the pressure is kept up and often altogether even after the pressure is removed.

Bleeding from a large artery is indicated at once by its coming in jets at each beat of the heart and being of a bright scarlet color instead of purple. If the wound be of such a character that the end of the artery can be seen, it can be readily taken up with a hook or sharp pointed fork (by anyone who keeps his wits about him in spite of the sudden alarm) and tied with a strong thread. Otherwise tie the limb between the wound and the heart, the

simplest device being to bind a handkerchief around the limb and running a stick between the knot, twisting it up until the requisite pressure is secured to stop the bleeding.

**Rupture of a Large Blood Vessel.** — In case a large artery or vein is cut, especially in a limb, make a knot in the handkerchief and tie it loosely about the limb, placing the knot on the wound. Then with a stick, twist the handkerchief until the flow of blood ceases. A pad can be used instead of a knot. If an artery is ruptured, apply the pressure between the wound and the heart; if a vein, beyond the wound. Blood in the arteries flows from the heart; the blood in the veins towards the heart.

**Bleeding from Extracting Teeth.** — The following is an excellent remedy for hemorrhage arising from extraction of teeth. Cut a piece of clean, dry sponge into cone shape. This should be compressed tightly and introduced into the cavity left by the tooth. As soon as the sponge is dampened it begins to swell and thus will, in most cases, effectually close the cavity and prevent bleeding.

**Partial Fainting.** — In mild cases of fainting where partial consciousness remains, stimulating substances, as vapor of ammonia or cologne water, may be inhaled and cold water sprinkled in the face and fresh air introduced into the apartment.

**Apparent Insensibility.** — No violent measures should be used to arouse a patient who may or may not be insensible. Lay him in bed, loosen his clothing, and let him have a free access of air. Notice whether the breathing is quiet or noisy, irregular or regular, whether there are any convulsive movements of the limbs, whether the urine or feces are passed involuntary, whether the pupils of both eyes are alike or larger or smaller than usual, or

whether the patient will bear to have his eyes touched and whether he can be aroused at all. In all cases of apparent insensibility, the attendant should be careful to say nothing to the patient within his hearing, for while he can neither speak nor move, he may yet be perfectly conscious of all that is passing around him and the effort to speak may do him great injury.

**Complete Unconsciousness.** — Place the patient immediately in a recumbent position, with the head lower than the shoulders. Remove all superfluous clothing from the chest and throat; neckties, collars, etc., hinder recovery. Moisten the nostrils with ammonia. Throw cold water in the face and strike the palms of the hands and rub them rapidly. Dip a plate or towel in hot water and place it over the stomach and breast bone. Should all these means fail try electricity, placing the positive pole of the battery at the upper part of the spinal column and move the other up and down over the back bone and the breast.

**Dislocations.** — This is the displacement of two or more bones whose articular surfaces (joints) have lost, wholly or in part, their natural connection, either owing to external violence or to disease of some of the parts about the joint. Dislocation is complete when the bones have entirely lost their connection; incomplete when they partly preserve it; and compound when a wound communicates with the dislocated joint. The first thing to be done is to reduce the protruded bone to its original place, then to retain it in that position by means of splints ligatured as tightly as the circulation will allow. The circulation must by no means be impeded, otherwise mortification will ensue, causing blood poison, thus endangering the patient's life.

**Sprains.** — A sprain is often more painful and dangerous than a dislocation. It requires immediate attention. The injured parts should be bathed with our Household Liniment, then wrapped in flannels wrung out of cold water and covered with a dry bandage, or what is better, oiled silk. The limb should not be allowed to hang down, but kept in an easy, elevated position until all pain has ceased.

**Fracture of Collar Bone.** — If the collar bone is fractured, the attendants must keep the patient in bed without a pillow, with the arm on the injured side folded across the chest until the doctor comes.

**Fracture of the Ribs.** — If the ribs are fractured the patient should remain in bed; have a cuspidor within reach so that the expectorations may be duly noted by the physician when he arrives.

**Reducing Dislocations.** — The limb must be extended by force, until the contraction of the muscles is overcome, when the bone may be readily pushed into its proper place. In case of dislocation of the jaw, the operator must thrust both thumbs (covered by linen cloths) as far as possible into the mouth, while the fingers press externally the jaw; then press downward and backward until the back end of the jaw bone is restored to its place. The soreness resulting from a dislocation can be quickly removed by applying our Household Liniment.

**Clothing on Fire.** — Presence of mind is needed. Many persons lose their lives by want of presence of mind when a small portion of their clothes catches fire, and many lives are lost by others in the room also losing their presence of mind. The first impulse of fear is to ring the bell, rush madly about the room or into a passage full of draughts, so that the fire is fanned and in a few minutes the unfortunate sufferer is fatally burned.

**What to Do.** — The first thing to do is to snatch up a hearth rug or table cloth or any woolen thing that may be nearest and roll it tightly around the person. This will exclude the air and extinguish the flame. If water is within reach, it should be dashed over the burning parts. Do not go in search of it — a moment's delay is fatal. If a person is alone in a room and there is nothing better to be had, the best plan is to roll over and over on the carpet until the fire is extinguished.

**Make Clothing Fireproof.** — There is a very simple process by which muslins used for ladies' and children's dresses can be prevented from taking fire. Dissolve a piece of alum in the water in which muslins are rinsed. When dry, if a light be put to them, they will smoulder slowly away but not break out in a blaze. And this so far from being injurious to muslin improves its appearance greatly.

**Cure for Lockjaw.** — Take a small quantity of turpentine, warm it and pour it on the wound no matter where it is or what nature it is, and relief will follow in less than one minute. Lobelia has been successfully used in several cases of lockjaw.

**Relief from Choking.** — To relieve choking, break an egg into a cup and give it to the patient to swallow. The white of the egg seems to catch around the obstacle and remove it. Often a smart blow between the shoulders causes a compression of the chest and a sudden expulsion of the air from the lungs will throw out the substance.

If a person can swallow, give plenty of hard bread and potatoes, and water to wash it down. Press upon the tongue with a spoon, when perhaps the substance may be seen and drawn out with a dull pair of scissors. If these fail, give an emetic of ipecac or mustard water.



**Frost Bites.** — Frost bites may occur so suddenly that you are scarcely aware that you are bitten. The blood is chilled and runs slowly and the vessels are gradually choked up and become swollen. Keep away from the heat. Bring about a reaction gradually by rubbing the part. Place the patient in a room without fire and avoid heat. Rub the frozen part with ice, snow or cold water and give internally Household Pain Cure, hot tea, or coffee. Wait until the part recovers its natural color before going near the fire.

If you find a person insensible from cold you must keep him away from the heat. Remove the clothing and rub thoroughly with snow or cloths wrung out of cold water. Continue the friction, especially of the arms or legs, and induce artificial respiration. Hot drinks, such as brandy, tea or coffee, may be administered. For the inflammation resulting from the frost bites, follow directions as advised for chilblains.

**Burns and Scalds.** — The first thing to do is to protect the injured part from the air. Take a piece of clean cotton or lint, soak it in equal parts of lime-water and linseed oil, and cover the injured part thoroughly. If you do not have this at hand, then use sweet oil, olive oil, vaseline, butter, lard, or anything of this sort. Apply it freely and to every portion of the skin that is affected. If some of the clothing sticks to the body do not try to tear it away, but cut around it and leave it alone, applying grease over it. Slight burns or scalds may be instantly relieved by applying baking soda, either dry or wet with water. If a slight scald or burn is held in cold water for a few minutes and then wrapped up quickly in a bandage, moistened with salt and water, it will probably prevent a blister.



**Shock from Injuries.** — If the sufferer is faint from the severe shock to the system, if he becomes pale, breathes rapidly, and shows signs of prostration, give him several doses of our Household Pain-Cure as directed. At the same time let him have from two to three of our Vegetable Stimulets. This will rapidly relieve the feeling of weakness and prostration and will be found an invaluable aid. When the pain resulting from a slight scald or burn has subsided, our Household Salve should be freely applied to aid the healing process. Remember that if the scald or burn is extensive or deep a physician should be immediately called.

**Treatment of Sunstroke.** — While you are waiting for the doctor be sure to follow these directions. The patient should be removed at once to a cool room and placed in a recumbent position near an open window. The clothes must be stripped off and a stream of cold water poured over the body. The vessel containing the liquid is to be held four or five feet above the patient in order that he may receive the benefit of the shock. The stream of water should at first be directed on the head, then on the chest and abdomen, and finally on the extremities, and thus alternating from one part to another until consciousness returns. Ice rubbed over the body may be also used, but the cold douche is preferable. Always apply ice or cold cloths to the head.

**Cut Wounds.** — If the cut is only slight let the blood flow from it and dip it in cold water. Draw the edges together closely by the aid of adhesive plaster, or by stitches and a bandage, and keep the part quiet. A slight cut will usually heal quickly. If the cut, however, is severe, check the flow of blood as directed on page 65, and call a physician

as soon as possible. If pus forms, keep the cut clean and dress it frequently with clean bandages and use our Household Salve. If a cut occurs in a scrofulous person or one whose blood is out of order, the wound will be slow to heal. In such a case our Household Blood and Skin Remedies, Nos. 1 and 2, should be used as directed to purify the blood.

**How to Stop Convulsions.** — A spasm or convulsion in a child may be caused by worms, teething, presence of water on the brain, or as a result of diseases, such as measles, or scarlet fever, going to the head. A convulsive attack is usually shown by strange movements of the mouth or eyelids. Then again the lids are fixed, the body gets rigid, the breathing irregular, and the skin becomes a dark red color. Following this you will notice twitching or jerking of the limbs and muscles about the extremities or thighs. Place the feet and legs of the child in hot mustard water, applying at the same time cold cloths to the head. If the convulsion is caused by an overloaded stomach, give the child mustard and water to cause vomiting. If it is caused by teething, see that the gums are lanced at once. If it is due to a disease, call the doctor.

**Convulsions in Adults** may be due to apoplexy, epilepsy, hysteria, or caused by poisoning. The first thing to do is to place a cork between the teeth to keep the sufferer from biting the tongue. Loosen the clothing, admit fresh air, but do not try to hold the sufferer rigidly, except to keep him from bruising himself. Rub the head and temples with our Household Liniment, and as soon as the patient can swallow anything give him a good liberal dose of our Household Pain Cure as directed. If there is no improvement in the course of a few minutes, call the nearest doctor.

**Cramps.** — What to do for cramps has often been a puzzle. The best thing is to use our Household Liniment, rubbing it thoroughly on the limbs once or twice a day. If the cramp is in the stomach or bowels, take a dose of Pain Cure internally; then dip a flannel in hot water and sprinkle on it a teaspoonful of our Household Liniment and lay it directly over the affected part. In ladies, sometimes, cramps and sharp pains will occur low down in the stomach, over the womb or the ovaries. For this trouble, peculiar to women, use our Ovarian Balm freely as directed. It gives instant relief.

### POULTICES AND THEIR USES.

**Purposes of a Poultice.** — The use of poultices is to produce warmth and moisture, hence those which keep warm and moist the longest are the best. They are employed in the treatment of abscesses, suppurating wounds, inflammation and pain. In making them the attendant should have them smooth, light, and as hot as they can be made without burning in their application. If the pain is great, a teaspoonful of our Household Liniment may be sprinkled on the poultice with much advantage.

**Bread Poultice.** — Cold, light, wheat bread, soaked in hot, sweet milk makes good ones; especially for inflammations of the eyes or ears; the milk being particularly soothing to these organs.

**Beet Poultice.** — A beet fresh from the garden, and pounded fine, makes an excellent poultice.

**Flaxseed Poultice.** — In preparing this, the basin in which it is made should be scalded. Pour in boiling water according to the size of the poultice required. Add gradually sufficient flaxseed meal to form a thick paste, stirring it one way until it is of the proper consistency and smoothness. Then spread it on linen or muslin and apply.

**Charcoal Poultice.** — Take two ounces of bread in crumbs, soak for ten minutes in a pint of boiling water, then mix and add gradually a half ounce of pulverized charcoal and half ounce of flaxseed meal, well stirred together; spread on muslin and apply. Used for foul ulcers, proud flesh, etc. Apply when cold.

**Salt and Soda Poultice.** — This is made like flaxseed meal poultice and consists of two parts of flaxseed meal to one of salt and soda (equal parts), mixed with boiling water.

**Yeast Poultice** is made by mixing a pound of flour or flaxseed meal with half a pint of yeast, heat it and stir it carefully. All poultices are made with boiling water, except yeast, and with this the temperature should not be over 100 degrees F.

**Mustard Poultice.** — Take a sufficient quantity of powdered mustard to make a thin paste of the required size. It should be mixed with boiling water, with a small quantity of vinegar added.

**Mustard and Flaxseed.** — In this poultice the mustard is mixed with flaxseed in the proportion of one part mustard to three parts flaxseed meal, when a milder form is required than of mustard alone. After the use of any kind of a poultice, the skin should be carefully wiped with something very soft so that no mustard may be left behind.

### SPECIAL HEALTH NOTES.

**Pine Woods and Health.** — The pleasant odor given off by fir trees in a sunny atmosphere has long been thought serviceable to invalids and the vicinity of pine woods has been declared salubrious.

**A Refreshing Bath.** — Sun baths cost nothing and are the most refreshing, life-giving baths that one can take whether sick or well. Read carefully the article on Sunshine and Health.

**When Drinking Cold Water.** — It is a very safe rule to wet your wrists before drinking cold water, if at all heated. The cooling effect is immediate and grateful, and the danger of unpleasant results may be guarded against by this simple precaution.

**How to Avoid Pneumonia.** — Never allow yourself to be chilled through. It is this carelessness which destroys so many every year in a few days' sickness from pneumonia, called by some lung fever or inflammation of the lungs.

**Time Required to Digest Food.** — The following is the time required to digest certain articles of food. Meat, three hours; cheese, three and one-half hours; milk, two hours; eggs, three hours; veal, four hours; fowls, four hours; pork, four hours; tripe, one hour; bread, three and one-half hours; roasted potatoes, two hours; cabbage, four and one half hours; beans, two and one-half hours.

**Cold or Warm Drinks.** — Of cold or warm drinks the former are the most pernicious. Drinking at meals often induces people to eat more than they otherwise would, as anyone can verify by experience, and it is excess in eating that devastates the land with sickness, suffering and death.

**How to Take Medicine.** — To swallow a pill or tablet, place it under the tip of the tongue and take a drink of water. The largest will go down almost without knowing it. The taste left in the mouth after taking such bitter medicines as quinine, aloes, etc., is instantly neutralized by chewing a piece of liquorice root.

**Healthful Seats in a Car.** — Other things being equal, the forward seats in a street or railway car are the most healthful. The forward motion of the car causes a current of air backward, carrying with it the exhalations from the forward passengers.

**Causes of Lung Congestion.** — The causes that produce congestion of the lungs are cold feet, tight clothing, costive bowels, sitting or standing still until chilled after being warmed with labor or a rapid walk, going too suddenly from a close warm room into the air, especially after speaking, too hasty walking or running to catch a train, damp bed clothing, etc.

**Leanness, Cause and Cure.** — Emaciation or leanness may be caused by indigestion, insufficient food or over-exertion, or both. But the usual cause is disease; hence you should see one of our physicians. The vital powers are more occupied in removing impurities and poisons, and overcoming abnormal conditions, than in digesting and assimilating nutritious material. The patient should always go to bed early every night and eat all the plain nutritious food he can assimilate. Sugar, starch, and hearty suppers will put on fat.

**Cure of Obesity.** — The diet advised for fat people by the best authorities, consists of food containing a large percentage of nitrogen, to which some vegetables without starch and cooked fruit can be added for the purpose of moderating the excitation due to animal nourishment. Beer is forbidden. Use very little sugar. Cheese, potatoes, rice, beans, macaroni, tapioca, arrowroot and soups are not allowed. The use of sulphate of soda is recommended, as moderating the transformation of nitrogenous materials and stimulating the oxidation of fat. Perfect Circulation Tonic taken one-half hour before meals and a meat diet will cause a decrease in weight of from ten to fifty pounds in different individuals in the course of a few weeks. If you wish advice see one of our physicians, remember you can consult with them free of charge.

**To Keep the Hands White.** — Our friends need not suffer from having their hands affected by water or soapsuds if the hands are dipped in vinegar water or lemon juice immediately after. The acid destroys the corrosive effect of the alkali and makes the hands white. The daily application of our Household Salve or Cold Cream will prevent sores and chapping and keep the skin soft.

**A Good Tooth-Wash.** — Dissolve two ounces of borax in three pints of boiling water and before it is cold add one teaspoonful or two of spirits of camphor and put in a clean bottle. A tablespoonful mixed with an equal quantity of tepid water and applied daily with a soft brush purifies and beautifies the teeth, tends to prevent the formation of tartar and induces a healthy action of the gums.

**To Remove Moth Spots.** — The principal causes of moth spots on the face are biliousness and a torpid liver. The use of our Lazy Liver Pills as directed and our Household Bitters and doing away with tea and coffee is a sure cure. Let this plan be the only one used until the spots are removed.

**Pimples on the Face.** — Pimples about the face are extremely common and very annoying. Our physicians should be consulted in regard to this condition as it is important to ascertain the cause. The regular use of our Blood and Skin Remedies, Nos. 1 and 2, will rapidly improve the systemic tone and cleanse the blood. Eating in moderate quantities, nourishing and simple food, keeping the bowels regular and liver active by Lazy Liver Pills, regular exercising and sleeping enough, in brief, observing the laws of health, are also very important. The skin must be thoroughly bathed with soap and water and our Household Salve applied to the pimples every night on going to bed.



**What to do for Boils.** — A boil is a small abscess. It begins as a red, round, sore, swollen spot on any part of the body, and quickly becomes more and more painful and tender and then points, growing yellow and soft near its center where it will break and discharge if it is not opened. If anything will stop it, it is by applying our Household Liniment freely and constantly at its very early stages. If it has really got beyond this stage, then put on a flaxseed poultice, which will hasten the softening of the boil, and when it comes to a head it can be easily opened. If boils occur frequently and in different parts of the body, it is a sure sign that the blood is out of order and calls for the regular use of our Blood and Skin Remedies, Nos. 1 and 2. The poison must be gotten out of the system, and there is no surer or better way than to use these remedies persistently.

**How to Cure Ulcers.** — In order to heal an ulcer, the part must be kept at rest. Protect the sore from the air by a little cotton or soft wool saturated with our Household Salve. Spread it on thickly and change it every day. If the ulcer does not heal with this treatment you should see one of our physicians at once. Many times ulcers persist and are stubborn because the vitality of the body is low and the general condition of the health needs attention. People should never neglect ulcers which do not readily yield to the treatment above mentioned.

**What to do for a Felon, a Whitlow or Ring-a-round.** — This is an inflammation of the finger which usually ends in suppuration. If the matter gets under the sheath of the muscles or tendons it becomes very painful. It should be treated early by painting the spot with strong tincture of iodine and by the application of flaxseed poultices. Physicians



usually insist on opening it very quickly so as to get out the matter and prevent its spreading to the deeper parts of the hand. If the finger has not already become much swollen, wrap it in a cloth, saturated with our Household Pain Cure, and this will usually give prompt relief. If not you should see one of our physicians.

**How to Cure Scabies.** — The Itch or Scabies is caused by a little parasite and may be communicated by one person to another. It appears on the surface as a little eruption of small vesicles between the fingers or on the back of the hand and it may often be found on other parts of the body. It itches dreadfully and is always worse at night. It can be quickly cured by mixing two teaspoonfuls of sulphur with a box of our Household Salve and applying freely and often.

**What to do for Whooping Cough.** — At the beginning of the trouble the child should be given our Children's Cough and Croup Syrup, which will often immediately cut short the attack. If the attacks of whooping and coughing occur often and violently, more active treatment may be required. One of our physicians should be consulted in regard to this matter and his advice followed.

**What to do for Croup.** — For the ordinary or spasmodic croup, there is no better remedy than to rub the chest and throat of the sufferer freely with our Household Liniment; then give a teaspoonful every fifteen minutes until relieved of a mixture prepared by dissolving a teaspoonful of tincture of ipecac in two ounces of water. The hoarseness left behind should be treated by using our Cough Cure for children, according to directions, and the daily use night and morning of our Household Liniment applied freely as directed to the chest and throat.

## Personal To Every Reader.

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**Medical Knowledge.** — This book is written for the personal consideration and benefit of every intelligent man and woman, the fathers and mothers of all generations to come, who are able to appropriate to their own use the valuable medical advice herein given, which will save them from many a day's illness and suffering and many dollars which would otherwise go to the doctor and druggist. We would therefore advise the careful reading and study of this book by every intelligent man and woman who is fortunate enough to possess a copy of same. Children should not be allowed to read this book.

In originating and compiling this medical work we have endeavored to make the foregoing as well as the following pages clear, comprehensive and easily understood. We have omitted medical and technical phrases wherever possible, using in their place plain English language easily understood by anyone.

**Heal Thyself.** — We are the originators of the idea of placing a medical cabinet containing a full line of remedies in every home together with a Household Physician in the form of a medical book, with the intention of educating the people in medicine, up to a point where they will be able to treat themselves intelligently for all common ailments and simple diseases.

Owing to the fact that the medical cabinets are leased to each household for a few cents rental per month and the subscribers do not have to pay for having the remedies in their homes until they use them, we realize that we have a great and expensive undertaking on our hands; we therefore ask for the full and hearty co-operation of every intelligent father and mother in the country.

**A Medical Education Free.** — In every city and town where our Household Medical Cabinets are to be found, there one of our physicians will go each and every week to give free advice on any medical subject to every member of any home containing our Household Medical Cabinet. By studying The Household Physician and asking questions from our doctors any intelligent man or woman can in a short time acquire a very creditable knowledge of medicine, which knowledge every father and mother should possess.

**Our Remedies.** — On the following pages will be found a slight description of many every-day ills from which the human race suffer, also a fair description of the remedies that will cure them, with directions how to take or apply same, together with rules for health and hygienic treatment for both men and women.

We would advise every man and woman, old and young, to read and study carefully each and every article on the following pages, which give information that should be in the possession of every intelligent man and woman on earth for their own benefit, as well as the good of future generations. There is much information on medical subjects which is rarely put in print but which should be known to all men and women, and can be obtained from our physicians, who will at all times willingly give any information desired on health, disease or medicines.

Our remedies are all put up in air-tight glass packages and will keep any length of time without deteriorating, in fact, they will improve with age as all medicines do that are in air-tight packages and kept in a cool, dark place. Our Household Medical Cabinet is dark inside and if kept in a fairly cool place the remedies will improve with age.

# Homœopathic Cold Cure and Homœopathic Fever Cure.

The secret of success in curing sudden colds and fevers lies in the fact that the proper treatment must be given promptly and at the very start; never wait until the symptoms are alarming. The Cold Cure is for colds while the Fever Cure is for fever. Cases frequently occur presenting symptoms which show that there is need for both remedies.

**Coryza.** — Cold in the head. The secretions from the nasal mucous membrane is abundant and watery; the nasal cavities are nearly closed and breathing becomes difficult. The sense of smell is usually abolished. The flow of mucus from the nose usually causes superficial dermatitis and excoriation of the upper lip. At the beginning of the attack there may be chilliness, a general sense of weakness and soreness of all the muscles of the body with general malaise. These two remedies promptly cure coryza and prevent pneumonia.

**How to Treat Children.** — Every mother should know what to do for her child. A few doses of the right remedy given in time will prevent long and dangerous spells of illness. If the little one comes in with wet feet and damp clothes, give it a few doses of our Homœopathic Cold Cure and you will prevent the onset of a heavy cold. If you have neglected this precaution and the child shows symptoms of a cold, give it the Cold Cure every hour and if there is a cough give it the Children's Cough and Croup Syrup and the Cold Cure alternately, one-half hour apart. If the cold is accompanied by a sore throat, give the Cold Cure as directed and apply our Pain Cure or Liniment to the throat and chest and wrap up in a flannel bandage.

When a cold develops into symptoms of lung trouble, with cough, rapid breathing, soreness about the chest, flushed face and fever give the Cold Cure and Fever Cure alternately each half hour until the fever disappears. Then stop the Fever Cure and use the Cold Cure every hour or two until the symptoms cease. If the cough persists, give the Cough and Croup Syrup every hour or two until the irritation is entirely removed. Never neglect to thoroughly bathe the child's chest and lungs with our Household Liniment or Household Pain Cure to stimulate the circulation and bring about a return of normal conditions. The same treatment for adults can always be used with the greatest satisfaction and success.

**As a Preventative.**—Homœopathic Cold Cure will not only cure a cold but will prevent la grippe, pneumonia, bronchial troubles, inflammation of the lungs, tonsilitis and quinsy. Homœopathic Cold Cure should be taken every hour until the symptoms entirely yield. If you have been out in bad weather and have become wet or chilled, remove the damp clothing, bathe the feet in hot mustard water, rub the lungs and chest with our Household Liniment or Pain Cure, then get into bed and take the Cold Cure once each hour. If fever has already made its appearance use the Fever Cure alternately. An ounce of prevention is worth a pound of cure, and when these directions are followed this treatment will prove promptly effective in breaking up colds and ordinary fevers.

These two remedies are prepared for people who prefer homœopathic treatment for breaking up colds and fevers; they are less drastic and usually just as effective as allœopathic treatment. Full directions will be found on the label of each remedy.

# Household Grip-Cold Cure.

A QUICK, SAFE AND SURE REMEDY FOR BREAKING  
UP ACUTE OR SUDDEN ATTACKS OF COUGHS,  
COLDS, CHILLS, LA GRIPPE, ETC.

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Colds and Acute Lung Troubles demand attention at the very beginning, as they are liable to quickly develop into inflammation or congestion and predispose to consumption. It is therefore very important to give every cold prompt attention and to check it before it reaches the lungs. This can be done by taking a dose of Grip-Cold Cure every hour as soon as the first symptoms of a cold appear. In this way this remedy will actually break up the worst cold in less than twenty-four hours.

**For La Grippe.**—This trouble usually begins with a chill, quickly followed by fever and pains in the limbs, back, head and other parts. The danger from la grippe is the tendency to congestion of weak or diseased organs, producing aggravated forms of catarrh, throat troubles, pneumonia, heart failure and nervous prostration. Our Grip-Cold Cure, taken promptly, will positively break up the most severe attack of la grippe or influenza in a few hours.

**For Sudden Chills.**—Chills are always alarming. They may mean only temporary disturbances resulting from imprudence or exposure or they may mean the beginning of a severe illness. The best treatment for chills is to immediately get into a hot bath or soak the feet and limbs in hot mustard water, after which thoroughly rub the lungs, back and throat with our Pain Cure or Liniment, taking internally our Grip-Cold Cure and Pain Cure alternately each half hour until free perspiration follows. In case the sweating becomes profuse the body may be sponged off with tepid water.

**To Break up Coughs.** — To quickly cure a severe, acute or recent cough our Grip-Cold Cure and Cough Syrup should be used alternately. A cough means an irritation of the membranes of the throat or bronchial tubes. It starts with congestion, which can be promptly conquered if taken in time. When the chest or throat is sore, the breathing difficult, and a painful condition present, rub the throat and chest very thoroughly with our Household Pain Cure or Liniment, protecting the same from exposure by covering with soft flannels or cotton wool. Should there be a shivering sensation through the system, follow the directions given for chills.

**Prevents Pneumonia.** — Many people regard a cold as something no fuss should be made about, and yet a cold is always the starting point of pneumonia, pleurisy and numerous other affections. How clear it must then appear that sickness of this kind should be prevented by giving prompt attention to a cold. Our Grip-Cold Cure, by quickly breaking up colds, positively prevents pneumonia and other serious consequences. This cure should be taken as directed at the very beginning of the attack. If fever is present, our Fever Cure should be used alternately; if there is a troublesome cough, our Cough Syrup should be taken in the same way.

**Prevention is Better than a Cure.** — In all cases where a person is threatened with a cold or at the very first symptoms of a chill, hoarseness, sore throat, or difficulty in breathing through the nose, a cold can always be aborted or broken up. The first thing to do is to take a dose of our Grip-Cold Cure which should be repeated every hour four times. Twenty minutes after each dose of the Cold Cure a Perfect Circulation Tonic tablet should be taken. This treatment will break up a cold in four hours.

# Household Cough Syrup.

FOR THE WHOLE FAMILY.

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**A Reliable Remedy.** — This remedy cures coughs, hoarseness, laryngeal and bronchial inflammation, loss of voice, rawness and soreness resulting from dryness of the throat and air passages.

**Coughs.** — For coughs it should be used when the cough first makes its appearance and continued until complete relief is secured. A hacking, rasping cough means irritation about the vocal cords or in the throat. Household Cough Syrup rapidly removes this irritation, securing lasting results. It is pleasant to take and certain to give satisfaction in all cases of cough or dry sore throat.

**Hoarseness.** — This is usually the result of a severe cold and should be promptly removed. Our Household Cough Syrup soothes the mucous membranes, tones the mucous glands and heals the tender, irritated tissues. It cures huskiness and the frequent expulsive efforts to remove phlegm from the throat.

**Bronchial Troubles.** — This remedy is especially effective for bronchial troubles as it possesses remarkable soothing and healing properties, which quickly cure inflammation in the throat and bronchial tubes. Its use will stop your cough at the beginning and protect your lungs from further trouble.

**Throat Troubles.** — Household Cough Syrup cures soreness, clears out the phlegm and mucus and makes the breathing free. It strengthens the air passages and wards off lung diseases. Parents will bear in mind that this remedy is never to be given to a child under three years of age; for others, use as directed on the bottle.



# Antiseptic Catarrh Cream.

FOR NASAL AND PHARYNGEAL CATARRH.

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**Elegant and Useful.** — This preparation is an efficient remedy in all forms of rose cold, mild attacks of hay fever, nasal catarrh, snuffles and running at the nose, resulting from severe colds or exposure. It is prepared for both old and young and when used two or three times per day it gives satisfactory and pleasing results. It is to be applied with the finger directly to the nasal passages. Its effect is to restore the mucous membranes of the nose and throat to a healthy normal condition. In catarrhal troubles, the mucous membranes become congested and swollen and throw out secretions which are offensive and often poisonous. Our Antiseptic Catarrh Cream applied night and morning directly to the mucous membranes of the nose reduces congestion, relieves the mucous glands from irritation and stops the offensive and often profuse discharges. It has also a fine effect upon the senses of smell and taste because of its healing and strengthening influence upon the delicate nerves controlling these functions. It is prepared not only for nasal catarrh, but when used in connection with our Antiseptic Dry Vapor Treatment or Household Catarrh Cure, it constitutes one of the most successful treatments ever prepared.

Every case of catarrh is curable by healing creams combined with our Household Catarrh Cure and Antiseptic Dry Vapor Treatment drawn through the nostrils into the lungs, which brings the remedies directly in contact with the affected parts.

**DIRECTIONS.** — Put a small amount of the cream in each nostril, as far up as you can reach with the little finger. Repeat night and morning, or as often as required. In all chronic cases the liquid remedy should be taken internally and the Antiseptic Dry Vapor Treatment used for inhalation.

# Household Catarrh Cure and Allied Remedies.

**What Catarrh Really Is.** — Catarrh in the first place consists of an inflammation or congestion of the mucous membranes. At its beginning it is generally confined to the delicate membranes or tissues in the nose, throat and bronchial tubes leading to the lungs, stomach, bowels, kidneys, bladder, vagina, etc. Catarrh, however, is usually spoken of as a disease of the nasal cavities, throat and bronchial tubes. When this disease becomes chronic it may involve nearly every organ in the body, poison the blood and break down the general health and the nervous system.

**Catarrh of the Head.** — It is needless to describe this common disorder, resulting from colds, exposure, etc. If neglected it may cause a lapse of memory, mental weakness, deafness, and its poisonous secretions may destroy the bones of the nose and palate. Treatment should never be neglected. Our Household Catarrh Cure should be taken internally, from one-fourth to one teaspoonful at meal times, our Antiseptic Catarrh Cream should be applied directly to the nasal passages. When this form of catarrh has become chronic so that the sense of taste and smell is partially destroyed, the nasal passages partially closed, and there is an offensive nasal discharge, it may be necessary to employ our Antiseptic Dry Vapor Treatment.

**Catarrhal Deafness.** — This is one of the common results of catarrh of the throat, the disease gradually extending backward along the Eustachian tubes to the middle ear; these tubes, supplying the air to the middle ear; becoming partially or wholly closed and the hearing impaired. You may know that this condition exists if you experience buzzing, humming,

or crackling sounds and noises in the ears. This form of catarrhal disease requires the most thorough treatment, as otherwise the hearing may be permanently lost. Our Household Catarrh Cure should be persistently used, while our Antiseptic Dry Vapor Treatment, should also be directed to the interior of the nose and throat, and, if the disease shows itself by a discharge from the ear, the vapor should be applied to that cavity also. Many cases of partial deafness have been fully cured by this modern and successful treatment.

**Catarrh of the Throat.** — About one-half of the total population are afflicted more or less with chronic catarrh of the throat. It is disgusting to frequently meet men, women and children who are constantly hawking and spitting in clearing their throats of catarrhal secretions which have accumulated in the throat. To cure this trouble the blood must be thoroughly cleansed and purified by the use of our Household Catarrh Cure and the nasal passages treated with our Antiseptic Catarrh Cream. Our Antiseptic Dry Vapor Treatment is an invaluable addition to these remedies as it brings an antiseptic medicated vapor directly in contact with the affected parts.

**Bronchial Catarrh.** — When catarrh in its extension downward reaches the bronchial tubes it results in an enlargement and thickening of the tube walls, while the secretions formed exhibit symptoms of chronic bronchitis. The location of this trouble emphasizes the importance of direct medication with our Antiseptic Dry Vapor Treatment; which, when breathed in with the air, is the most successful method that can be employed to reach the diseased surfaces. The scientific treatment for bronchial catarrh is therefore both local and constitutional.

Our Antiseptic Dry Vapor Treatment used locally in connection with the internal employment of our Household Catarrh Cure for the blood, constitutes a treatment, the curative properties of which the worst case of catarrh cannot withstand.

**Bad Breath from Catarrh.** — People always avoid a person whose breath is offensive and foul smelling. No amount of personal cleanliness will remove or even lessen the disgusting breath from chronic catarrh, which is even more horrible than the odor from a sewer. Young people or old who have bad breath suffer much mortification and heartache by being avoided for this disease. No matter whether in young or old, it is a most alarming condition because of the danger of consumption or other serious complications. People who have chronic bad breath or bronchial catarrh, are always obnoxious to their family and friends, and if attacked with pneumonia or other serious throat or lung troubles rarely recover. It is possible by the employment of our Antiseptic Dry Vapor Treatment, used in conjunction with our Household Catarrh Cure and Antiseptic Catarrh Cream, to cure the worst cases of chronic catarrh.

**Catarrhal Consumption.** — When catarrh has invaded the bronchial tubes it is but a step to the lungs. Bronchial catarrh, if unchecked, at length reaches the delicate lung tissues, after which the progress of the disease is usually rapid and destructive. Catarrhal secretions coming in contact with the delicate air cells and tubes of the lungs obstruct them with a thick mucus and pus-like secretion. Then follows congestion, obstruction, inflammation, and the destruction of the adjacent tissues. Cavities form, and the material coughed up is thick and lumpy.

**Is a Cure Possible?** — In most cases we are happy to give our friends such assurance. Our Antiseptic Dry Vapor Treatment, together with suitable tonics and restoratives, is the best available method by which the affected membranes and tissues can be reached and radical cures obtained. It is a marvelous method, a discovery which places within the reach of sufferers the most advanced treatment for catarrh known to medical science. Remember that all forms of catarrh if taken in time can be fully cured. This is not only true of nasal, throat and bronchial catarrh but equally so of catarrhal consumption. Bear in mind that the early symptoms of catarrhal consumption are mainly of a local character, such as coughs, expectorations, shortness of breath, etc., while in tubercular consumption (which is generally incurable) the early symptoms are of a constitutional character, such as indigestion, loss of flesh and strength, feverishness, diarrhoea, sweating, etc. No matter whether catarrh is in its early stages or more advanced, our combined local and constitutional treatment here directed is absolutely necessary in every case. If afflicted with catarrh in any form, never neglect to use our Household Catarrh Cure and Antiseptic Catarrh Cream, and if the disease has advanced to the bronchial or consumptive stage, resort at once to the daily employment of our Antiseptic Dry Vapor Treatment. Our local agent or physician will give you full information in regard to this matter, also special directions for using the vaporizer and caring for same. Any one of our physicians or agents will give any person one treatment of our Antiseptic Dry Vapor, entirely free of charge, to convince them of its wonderful healing powers, which one treatment will always demonstrate to their entire satisfaction.

# Antiseptic Throat Tablets.

A SOOTHING ANTISEPTIC REMEDY FOR A DRY,  
IRRITABLE, SENSITIVE OR SORE THROAT.

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**Throat Irritation.** — Many people suffer from a sensitive, dry, irritable or sore throat, which condition may arise from various causes, such as chronic catarrh, pharyngitis, bronchitis, colds, coughs, or from inhaling any irritating substance or vapors which may be in the air we breathe.

Throat troubles should always receive prompt attention and proper treatment, because if neglected they are sure to lead to serious trouble and many times to consumption and death.

**Antiseptic Throat Tablets.** — These tablets are a soothing, antiseptic remedy, compounded in the latest scientific manner for the sole purpose of relieving throat troubles, such as hoarseness, pharyngeal, laryngeal and bronchial irritations, loss of voice, rawness and soreness resulting from dryness of the throat and air passages, or from clearing the throat by hawking and spitting. No matter from what cause throat troubles arise, these tablets will give immediate relief; but remember that they will not always remove the cause or cure the disease, therefore the proper treatment should always be sought to remove the cause of the trouble and effect a cure.

These tablets are not a cure-all, but they are a regular God-send to any person who is continually hawking and spitting or who suffers from a dry, irritable, or sore throat. If you are a sufferer from any throat trouble, try them and you will be surprised at the immediate and complete relief obtained.

**DIRECTIONS.** — Take one tablet and allow it to dissolve in the mouth; it may be repeated as often as necessary to give full and complete relief.

# Household Toothache Drops.

A QUICK AND EFFECTIVE REMEDY FOR  
YOUNG AND OLD.

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**Works Quickly.** — This remedy stops pain in an aching tooth like magic. The cavity of the tooth should be cleaned out, after which a few drops of our Household Toothache Drops should be placed on a small wad of cotton which should be gently pressed into the cavity of the tooth. It gives immediate relief.

**Decayed Teeth.** — When the decay extends to the nerve contained in the pulp of the tooth, it quickly gives rise to severe and agonizing pain. Act at once and quickly. You should clean out the cavity and apply the toothache drops. When the pain has subsided you can prevent another attack by putting a bit of chewing gum into the cavity to keep out the air and food until the services of a dentist can be obtained.

**Gum-Boils.** — There is usually swelling of the gum and the formation at its root of a gum-boil. The best way to obtain quick relief is to paint the gum with our Household Pain Cure two or three times each day and apply to the cavity of the tooth our Household Toothache Drops, following the instructions as given above. A gum-boil usually means that the nerve must be killed and the cavity properly treated and filled to preserve the tooth and protect the jaw from being damaged.

**Sore Gums.** — To remove soreness from the gums after a tooth has ceased aching, wash the mouth out thoroughly with warm water made antiseptic with one of our Antiseptic Germicide Tablets. Then apply tincture of myrrh to the sore part with the finger or tooth brush.



# Antiseptic Eye Drops.

FOR WEAK, IRRITABLE, SORE AND INFLAMED EYES.

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**Its Purpose.** — This remedy relieves and actually cures inflammation, soreness and diseases of the lids and eyes, protecting them from further damage and restoring them to a normal condition. For all eye troubles use as directed on the bottle.

**Simple Inflammation.** — This trouble is known as conjunctivitis, and is accompanied by heat, smarting, burning, redness, and sometimes by a mattery discharge. Our Antiseptic Eye Drops speedily relieve, and cure by removing the cause and their continued use restores the membranes of the lids and eyes to their natural velvety condition.

**Smarting and Burning.** — Smarting and burning of the eyes produces discomfort, varying from a feeling of irritation to one of stinging or a hot, burning sensation. Antiseptic Eye Drops will relieve these symptoms, removing the tender and congested condition of the lids and eye balls. Its antiseptic action destroys germs, removes pain, keeps the eye healthy and prevents the formation of styes, pimples and ulcers upon the lids.

**Itching of the Eye.** — The sufferer experiences a grating or scratching in the eyes, which often become red, sore and irritable, and they itch to such an extent that the sufferer can scarcely resist the desire to constantly rub them. The soothing action of our Antiseptic Eye Drops allays this irritation and discomfort but it is necessary to continue their regular use for some time to secure a permanent cure.

**Aching Eye Balls.** — Many people suffer from aching of the eye balls to such an extent that it prevents sleep producing great nervousness. In all such cases this remedy gives immediate relief.



# Crystal Eye Tonic.

MAKES THE EYES STRONG AND BRIGHT.

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**The Eyes.** — Of all the organs of the special senses the eye is by far the most important. Life certainly loses much, if not all, of its charm when the sight is lost or badly impaired. Weak eyes, like weak arms, can be developed, strengthened, made bright, clear and strong and their usefulness prolonged or restored by using our Crystal Eye Tonic, the modern eye restorative.

**A Timely Remedy.** — This remedy is a positive cure for weak, watery eyes and failing sight. It strengthens the optic nerve, clears the vision and protects the eye.

**Watery Eyes.** — When the eyes are exposed to excessive heat or cold, strong sunlight or wind, the flow of tears may become profuse because of weakness. Crystal Eye Tonic corrects the flow by establishing a normal condition. It is gentle in its effect but quickly imparts its peculiar tonic properties.

**Optic Nerve Weakness.** — Straining the eyes makes them tired, and the vision loses its clearness. Crystal Eye Tonic strengthens the nerves of vision and corrects failing sight. It is a natural eye tonic and nerve food. It is absorbed into the circulation, and imparts tone and vigor to the optic nerve.

**Bright Eyes.** — When the brightness and lustre of the eye is impaired our Crystal Eye Tonic will restore it to perfect health restoring the lustre and brightness. It is not designed to cure diseases, but is a great tonic remedy for weakness of vision and watery lusterless eyes.

**DIRECTIONS.** — It is applied twice per day, night and morning, from two to four drops being placed in each eye. When used in this way it acts as a perfect eye tonic, keeping the eyes young, strong and clear.

# Household Bitters.

A SCIENTIFIC STOMACHIC TONIC AND INVIGORATOR.

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**Its Use and Purpose.** — Our Household Bitters possess special merit in cases of tardy digestion, bloating of the bowels, weakness of the stomach, belching of wind, bad taste in the mouth and loss of appetite. Used at meal times these splendid bitters soon set the stomach right and restore the digestive functions when weakened or depressed from any cause. They will restore the appetite to a hearty, vigorous condition, so that any food can be taken with a relish and pleasure.

**For Loss of Appetite.** — This condition is usually the result of loss of tone in the stomach. It may result from general debility, prolonged sickness, errors in diet or unusual mental or physical exertion. No matter what the cause, our Household Bitters are promptly effectual. They tone up the weakened stomach forces, improve digestive action, and increase stomachic secretions. These bitters are a useful addition to the treatment for dyspepsia and as a stomachic are worthy of special mention.

**General Stomachic Tonic.** — In the olden days it was common to use bitters in the household. They were prepared from simple roots and herbs, gathered in the fields and forests and used at stated periods, especially during the spring and fall, to restore a system weakened or depressed from any cause. Our Household Bitters are prepared from the same simple ingredients as in the olden days and when employed for the same purposes they secure the same good results. Taken before meals they are an efficient aid to digestion because of their special tonic properties and bitter principles. They promote the healthy activity of the entire digestive tract.

**Relaxed, Dilated Stomachs.** — It is common for the stomach to become relaxed and dilated, by reason of tardy digestion and fermentation of food. Our Household Bitters strengthen muscular and digestive activity, so that when the process of stomach digestion is complete, the contents of this organ is promptly carried onward into the bowels there to meet with other digestive juices preparing it more fully for absorption and nutrition. If the stomach is so dilated and relaxed as to do its work in only a weak or tardy manner there is special need for these bitters. They are the most efficient remedy for this purpose known to medical science.

**Belching of Wind.** — Within an hour or two after food is taken there is apt to be distention from accumulations of gas. It may occur in the stomach or in the upper portion of the bowels and constitute a source of great annoyance or distress. Our Household Bitters for this condition possess wonderful curative qualities. The regular size \$1.00 bottles may be obtained of our agents, but a generous free trial bottle may be found in our cabinet and our friends are invited to give the same a thorough trial.

It should be borne in mind that these bitters are different from the old style stimulating bitters or cathartic bitters, which act with too much energy. Our Household Bitters are most gentle in their effect, yet when used with regularity before meals, they always produce satisfactory results. They promote the general health by toning up the stomach to a vigorous condition; they also prevent dyspepsia, catarrh of the stomach, heart, kidney and bowel troubles by keeping the stomach in a healthy condition so that the food is properly prepared for assimilation thus increasing flesh.

**DIRECTIONS.**—Take from one teaspoonful to one tablespoonful, one-half hour before each meal and at bedtime.

# Household Dyspepsia Tablets.

A SPLENDID STOMACH REMEDY.

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**They do the Work.** — For the relief and cure of the common forms of stomach trouble our Household Dyspepsia Tablets have no superior. These tablets are by far the most successful that have ever been used and their prompt employment will usually cut short the attack and be productive of immediate results.

**Acid Dyspepsia.** — This form of stomach trouble is known by various names, such as heartburn, sour stomach, water brash, indigestion, acidity of the stomach, etc. Cases will vary in intensity with different people and at different times. With all dyspeptics it may be said that they “feel” the stomach. They are always conscious of the exact location of this organ. The symptoms vary from a slight acidity or heartburn to that distressed condition in which large quantities of gas are belched up, often sour to the taste, showing that the food is undergoing putrefaction and fermentation but not digestion. For this form of stomach trouble our Household Dyspepsia Tablets invariably secure good results. From one to two should be taken directly after each meal and their well-advised employment in these cases will always give satisfaction. The diet should be largely of rare meats and fish, avoiding starchy food as much as possible.

**Mixed Dyspepsia.** — In this form of the disease not only are there the usual symptoms of distress, distention and fullness, together with belching of wind, an unpleasant taste, and a derangement of the action of the bowels, but there are in addition the symptoms referable to the nerves, such as depression

of spirits, palpitation of the heart, a languid state of the mind, drowsiness during the day, headache and dizziness, the existence of which clearly calls for the use of one or two of our Household Dyspepsia Tablets after eating, together with our Vegetable Stimulets before eating to drive away depression, gently encourage nervous and muscular activity, stimulate the gastric glands to greater secretion; in a word to strengthen and invigorate the weakened and over-worked stomach and to bring it back again to healthy conditions. It is also of special advantage to use as a tonic and reconstructive agent our Household Bitters, a free sample bottle of which may be found in our cabinet. The combined action of these remedies in cases of mixed or complicated dyspepsia, cannot fail to be of the greatest help and aid. Our advice to employ these remedies is based upon the observation and treatment of many cases. When used as directed they have in ninety cases out of every hundred led to permanent results.

**Nervous Dyspepsia.** — This special form of stomach disease, though common among the sedentary classes, is seldom experienced by those who lead an out-door life. The digestive process in these cases is carried on with much difficulty. The stomach seems to be almost helpless to care for the food which is taken into it. The most prominent symptoms are those connected with the mind, which is dull and languid and the process of digestion is somewhat painful, there being great languor and incapacity for exertion. At times the depression of spirits is quite pitiful, a feeling of helplessness, both of mind and body, taking possession of the sufferer. The action of the bowels is apt to be irregular, the heart's action labored and rapid. The sleep may be disturbed by dreams and very unsatisfactory. The skin may

become rough and dry and the countenance haggard and anxious. Different people will often present different symptoms but the one constant feature is difficult digestion owing to lack of healthy nervous tone and healthy gastric secretions. What is needed at the very beginning of the treatment, is a gentle stimulant, such as our Vegetable Stimulets, used on first arising in the morning and also just before each meal. In this way the stomach is prepared for the digestive process because of the gentle stimulating action of this remedy upon the nerves and glands, as well as the muscular tissues. It is also advisable in cases of nervous dyspepsia for the sufferer to employ a good bitter tonic. We recommend strongly our Household Bitters. The stomach and system actually needs and demands the elements contained in this splendid preparation to assist Nature to repair the damaged condition of the digestive apparatus. We would certainly advise every sufferer afflicted with long standing nervous dyspepsia to immediately employ these two remedies. One of our physicians should be consulted often during the treatment, as their advice will prove invaluable.

**Catarrh of the Stomach.** — By some this affection is known as gastralgia, chronic indigestion or chronic inflammation of the stomach. Its presence may be known by there being but little appetite for food yet a great desire for drinks. The stomach seems to crave cold drinks especially. If the interior of the stomach could be seen it would be found abnormally red and coated with a mucus secretion the same as seen in catarrhal sore throat. To cure this form of stomach disease the sufferer must decide to use every effort and every means at hand. Our Household Dyspepsia Tablets must be used directly after each meal and in connection with the same our House-

hold Bitters must be perseveringly employed. Nor must the condition of the bowels be neglected. To keep them regular and at the same time strengthen their action our Tonic Laxative Pills will be of special aid. In the treatment of chronic stomach troubles it is also of the greatest importance that great care be exercised in regard to the character of the food used. We have already given special instructions in regard to diet and hygiene. Neglect of these important matters may mean the difference between success and failure. Our friends should also in cases of this kind obtain the advice and counsel of one of our physicians, whose assistance will usually be found of the greatest value.

**DIRECTIONS.** — Take from one to two Household Dyspepsia Tablets when required to relieve distress after eating or acidity of the stomach; repeat the dose every twenty minutes until relieved. Always crush the tablets with the teeth or let them dissolve in the mouth before swallowing.

For Nervous Dyspepsia take one or two Vegetable Stimulants whenever the food causes nervousness or distress after eating, if not relieved by the first dose it may be repeated in twenty minutes.

Sleep in a room well ventilated, with a window always open to let in fresh air from the outside. Use only enough covering to keep from getting chilly, it is not well to sleep cold, but very injurious to sleep warm enough to produce perspiration.

Arise immediately upon awakening. Every morning take a cool sponge bath over the entire body before dressing and rub the body thoroughly with a coarse turkish towel, to arouse the circulation and bring the blood to the surface of the body; then apply Household Pain Cure or Liniment over the stomach to strengthen the pneumogastric nerve. Female patients should take a vaginal injection of cool water every morning except during the menstrual period. Hot water injections relax the ligaments and will cause falling and other displacements of the womb and should be avoided.

Eat only plain healthful food, such as meats, vegetables, etc., that may agree with your stomach; avoid pastry, spices and condiments of all kinds. Late stimulating dinners are to be avoided, also the use of tobacco and liquors.



# Vegetable Stimulets.

A SAFE, RELIABLE, NEVER-FAILING, STOMACH,  
BRAIN AND NERVE STIMULATING TONIC FOR  
EVERYBODY.

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**A Splendid Nervine.** — Vegetable Stimulets promptly increase nervous strength and brain power. They sharpen up quickly your business ability and give you new energy for any form of mental or physical work. You do not have to wait for results. They are almost instantaneous in their effect.

**Brain Food.** — Vegetable Stimulets are actual food to the brain cells and nerve centers by carrying to them a fresh and larger supply of vivified blood. They supply cerebrin to the brain and new energy and vitality to the whole system, so that all the duties and pleasures of life may be pursued with confidence and pleasure without causing any weariness or exhaustion.

**Old People.** — Many middle-aged and older people get tired easily, have aches and pains from slight exertion and need Vegetable Stimulets to rest them, to stop the aches and pains and take away that tired feeling. Vegetable Stimulets never disappoint. They are quick in their action yet perfectly safe.

**Female Needs.** — Ladies sometimes need a stimulant that will without injury, cause a happy, vivacious and exhilarating effect. Ladies who use our Vegetable Stimulets will find a pleasing and stimulating effect quietly stealing over them, enabling them to get the most out of life. They make the eyes bright and sparkling. They are good for a weak, aching back and nervous affections arising from diseases peculiar to women.

**As a Tonic.** — The stimulating effect of this remedy lasts for hours, after which you experience its



tonic effect, lasting a whole day. It is purely vegetable, contains no narcotic or harmful ingredient and does not produce any reaction or bad after effects. In fact, the longer you use it, the better you feel, as its tonic action produces lasting results.

**Removes Depression.** — This remedy quickly strengthens the action of the heart, thus causing the blood to be more rapidly forced through the body. The faster the blood flows, the more nourishment is taken to the brain and nervous system. In this way Vegetable Stimulets strengthen every nerve and tissue and rapidly remove depression and nervous shock.

**Aids Digestion.** — For nervous dyspepsia this remedy has no equal. If you take one or two tablets before your meals, your food will digest quickly and you will feel fine all day and in excellent condition to attend to your duties.

**Use Them Freely.** — Vegetable Stimulets will often enable you to pass a very pleasant evening, when without their aid you would be bored and in misery. Sometimes people want to call on their neighbors or entertain company at home, but they feel quite inadequate to the task. Try them and your sense of weariness will disappear and be replaced by a contented, happy and joyous mood. They cannot injure when taken as directed and will always help. Full directions given on every bottle.

**Insomnia.** — People who cannot sleep well will find this remedy quick in action. Its use, one half hour before bedtime, will enable a nervous sufferer or invalid to go quietly to sleep and awaken in the morning fully refreshed. It stimulates the circulation, tranquilizes the nerves and contributes directly to the production of that passive condition in which sleep, natural and healthy can take place.

# Compound Glyhypophosphites.

CURES GENERAL DEBILITY, NEURASTHENIA, NERVOUS WEAKNESS, INDIGESTION, ANÆMIA, ILL EFFECTS OF ALCOHOL AND TOBACCO, MENTAL AND PHYSICAL EXHAUSTION

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**A Therapist's Victory.** — This wonderful remedial agent is one of the most remarkable triumphs of modern therapeutics. It contains chemically pure hypophosphites skilfully blended by an exceedingly intricate process with other very highly concentrated remedial agents, forming an invaluable tonic, a reconstructive, rejuvenating and vitalizing compound. Experience proves that this remedy is a true food for the brain and nervous system; to the blood, muscles and vital organs it has a pronounced special physiological affinity. It has a powerful revitalizing effect upon the nervous system, toning up the nerves and muscles, furnishing the blood the required tissue salts that invigorate the depressed nutritive functions. Glyhypophosphites promotes harmonious co-operation of the physiologic forces so that the entire system resumes its normal functional activity. It is therefore an invaluable food medicine for the blood, nerves, bones and muscles; in fact a genuine body builder.

**The Approach of Puberty.** — The transition from childhood to puberty is often accompanied by pronounced symptoms indicative of disturbances of the whole system. During this trying period, children both male and female frequently suffer with headaches, digestive disturbances, nervous affections and numerous cutaneous troubles. The diversity of the symptoms indicate how thoroughly the system is disordered. The nervous system, the blood and the processes of digestion are impaired in a

manner which points clearly to the need of a revitalizing tonic. Glyhypophosphites will cure these cases. The prompt disappearance of the disturbances of the nervous system, blood and nutrition show that this compound furnishes exactly the kind of aid required. It bridges the chasm between childhood and puberty, and makes the transition a safe, easy and comfortable journey for either boys or girls.

**The Demands of School Life.** — Young people given to excessive study or mental effort are often deficient in vitality at a period of life when the demands of the body are for fresh air, physical exercise and abundant rest and recreation. Close confinement to school rooms and close application to the demands of school work, produce a condition of general exhaustion. When young people show signs of mental over-work, from too close application to school duties, or of impairment of physical energies, it is wise to employ such hygienic measures and remedies as will effectually restore tone to the body in general and the nervous system in particular. Physicians usually direct freedom from mental effort, together with abundant nourishing food, plenty of exercise in the open air and the use of tonics and reconstructive restoratives for the debilitated nervous system. Glyhypophosphites should be the first thought of the parent in these cases because of its special reconstructive and restorative influence upon the whole system and every function of the body. This remedy will impart vigor to the digestive organs, assuring digestion and assimilation of sufficient nourishing food to enrich the blood with the essential life-giving elements and endow the nervous system with a degree of energy and vitality never before possessed. When weak, debilitated, run down or discouraged it produces grand results.

**Vital Waste and Repair.**—To establish and maintain conditions of perfect bodily health it is absolutely essential that waste and repair should go hand in hand. Every thought, movement and impulse uses up or wears out a certain proportionate part of vitality and energy. To compensate for this loss there must be new vigor and new vitality supplied, else weakness and lack of nervous and physical tone become apparent. Physical and mental exhaustion may be manifested by impaired digestion, impoverished blood or by the development of nervous disorders. So far as we recognize such exhaustion we more clearly realize the overshadowing nervous symptoms, faintness, vertigo, loss of memory, irritability of temper, apprehension, melancholia, etc. The well-defined principle of treatment, when there is an excess of vital waste over repair, is to employ such agents and such measures as will have a tendency to make vital waste and repair as nearly equal as possible. There is no agent so highly esteemed as food for the brain, nervous and physical energies, as Glyhypophosphites, containing as it does in the best and most assimilative form, tissue and blood builders needed to keep the system in a strong, healthy condition. It possesses general tonic and reconstructive properties, all powerful to bring order out of the chaotic condition of the system. By its use digestion is improved, assimilation of food is perfected and the essential blood elements are restored. Waste and repair of the vital tissues is properly proportioned, the nervous system nourished and the whole body endowed with new life and energy. It matters not whether the exhaustion comes from mental or physical over-work, whether from the abuse of liquor, tobacco, coffee, tea, or other enervating habits, Glyhypophosphites is always a

successful remedy because it strikes at the root of the trouble and gives invaluable reconstructive constituents which cure promptly mal-nutrition, impoverished blood, nervous debility, physical weakness and nervous exhaustion.

**Compound Glyhypophosphites** is the great medicine that maintains health, that restores health, that produces health, that protects health. It develops latent vital powers by constantly enriching the blood and feeding the nerve cells. It is the great strengthener, the great restorer, the justly famous health-maker and body builder that co-operates harmoniously with Nature. It is indeed the greatest vital tonic and invigorator, and beyond all question the most wonderful restorative of nervous and physical energy, strength and vitality in existence. Compound Glyhypophosphites absolutely cures general physical and nervous weakness, loss of appetite, depression of spirits, lack of confidence, coldness of the extremities, loss of memory, feebleness of will, exhausted vitality, despondency, nervous prostration and all forms of nervous and physical debility resulting from excesses or exhausting diseases, change of life or advancing age and pelvic catarrh.

Glyhypophosphites cures men and women, making them throb with life and energy in every nerve and muscle; the body a-tingle with virile strength, the circulation perfect, the brain active, the eyes bright and sparkling, the whole physical exhibit perfectly developed—a study in the curves of health and beauty.

**Free Trial Bottles.** — Our friends will find in our cabinet a free trial bottle of this splendid remedy. The full size pint bottles costing \$1.00 can be secured from our agent in your city.

**DIRECTIONS.** — Take from one teaspoonful to one table-spoonful one-half hour before or after meals and at bedtime.

# Perfect Circulation Tonic.

TO TRY IT IS TO LIKE IT.

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**Good for Everybody.** — This remedy possesses merit peculiar to itself. In fact it is different from any other remedy that has ever been used. Its action is more especially upon the nerves, heart and circulation. It warms the body, sending a full healthy current of blood throughout the system, contributing in this way to the prompt relief of functional weakness, nervous headache, weak hearts, brain fag, despondency and the blues.

**Poor Circulation.** — Of all the evils that beset the human race it is safe to assert that none are more numerous or far-reaching than poor circulation. This trouble is caused by weak or irregular heart action and if neglected is sure to lead to serious complications such as organic disease of the heart, kidney disease and nervous exhaustion.

**Bad Feelings.** — The blues are not imaginary complaints as some well-meaning and apparently well-posted people would have us believe. Bad feelings are distinct diseases. You often hear of people who are blue and melancholy. It results from an exhausted condition of the brain and nervous system and should be treated by the use of our Circulation Tonic which will soon demonstrate its peculiar value.

**Sleeplessness.** — People who are unable to sleep well at night, who have an impaired condition of the circulation, who are annoyed at times with loss of energy, weakness of the heart's action and a general feeling of nervousness, will experience a marvelous change by the use of Perfect Circulation Tonic. It is actual food for tired nerves, braces a person up in a short time, enabling them to sleep quietly and awaken refreshed.

**Cold Hands and Feet.** — This condition always indicates functional weakness, owing to a lack of proper circulation of blood and imperfect distribution of it. In such cases splendid results will follow the daily use of our Circulation Tonic. Its splendid toning action upon the circulation and extremities will be quickly apparent by a fine, warm, healthy glow reaching clear to the ends of the fingers and toes.

**Weak Hearts.** — These are as common as weak stomachs and need fully as much attention. Every person who experiences palpitation of the heart or shortness of breath should use our Circulation Tonic to give new life and energy to the nerves and the muscles of the heart. It causes no distress in the stomach or reaction of any kind. Its action is that of a tonic to the circulation. Oftentimes neglect to use the right remedy at the right time will lead to most unpleasant results.

**Tired Feelings.** — Never neglect to take a few doses of this remedy when you have an exhausted or tired feeling, because they will afford you almost instant relief. When you go home from your work feeling all played out and too tired to do anything, too exhausted even to eat your regular meal, be assured that our Perfect Circulation Tonic, taken as directed, will quickly drive away the exhaustion and give strength when it is most needed.

**For Faintness.** — There is no remedy which can take the place of our Perfect Circulation Tonic for this condition. Ladies often will find themselves faint and their eyes will blurr when reading or sewing, yet they are not aware of the reason. It is the nerves of the heart which have become depressed and the circulation of blood through the head impaired. Prompt use of this remedy will yield immediate results. Full directions on every bottle.



## Feel-Fine Tablets.

WHEN TIRED, WEARY, NERVOUS, BLUE, DESPONDENT,  
DISCOURAGED OR EVEN HOPELESS,  
THEY ACT LIKE MAGIC, MAKING  
YOU FEEL FINE.

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**Mental Nerve Food.** — Feel-Fine Tablets are intended to strengthen your heart, brighten the eyes, increase your flow of language, improve nerve and brain power, sharpen up your business ability and energy for oratory, mental or physical work, making brain workers, preachers, lecturers, lawyers, singers and students able to do more and better work. They will cure a nervous headache or the blues and remove that tired feeling in ten minutes, making you feel fine. No intoxication, reaction, or bad after-effects. They do not contain alcohol, opium (morphine), cocaine, chloral, or other deleterious poisons.

One or two tablets, taken every morning, should make any person feel fine all day, and keep them in excellent condition to attend to their daily duties, preventing their getting tired or weary, taking cold, contracting fevers or other contagious diseases.

**Woman's Friend.** — Ladies, if you want or need a bracer that will not injure you in any way, try Feel-Fine Tablets. They are intended to invigorate and exhilarate, making you feel happy, merry, vivacious and full of sparkling wit and joyous life. They will not intoxicate you nor affect your breath, and your nearest friends cannot tell that you are under the influence of a stimulant. If you are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, or that tired, all-gone and want-to-be-left-alone feeling, just try them; that's all. They will immediately relieve brain-fag, mental and phy-



sical exhaustion. They will improve your health and complexion, make your eyes bright and sparkling, cure a weak, aching back and nervous affections. They will cure relaxation of the stomach and intestines, and remove abnormal fatty formations, and that fat, gross appearance by which so many women are annoyed.

**A Great Sustainer.** — Feel-Fine Tablets are a blessing to tourists and travelers. One tablet will immediately quench thirst, and three or four tablets will give instant relief from hunger and supply more strength and energy than will a hearty meal. Any person when traveling, by taking a few of these tablets, can easily go twenty-four hours without food. When starting on a journey, either for business or pleasure, or when taking your summer vacation, be sure and have a good supply of the tablets in your "grip" or pocket. You will find them excellent and beneficial as an invigorator, valuable as a medicine, and perfect as a substitute for food or drink in any case of emergency or need.

**Good for Everybody.** — Either those who have drunk to repletion and would like to sober up, or for any temperate man or woman who would like to try the effect of a good bracer for pleasure, brain fag, mental or physical exhaustion. You will feel the effects of the first tablet in about five minutes after taking, and from then on the exhilaration increases. You feel immense while under their influence, and there is no reaction or bad after effects.

Do not miss the pleasure of trying these tablets. They are a wonder and a revelation to all who use them. That's all.

**DIRECTIONS.** — Take from one to two tablets as often as required to keep you feeling fine; but do not take more than eight or ten in one day. Always crush the tablets with the teeth before swallowing, or let them dissolve in the mouth.

# Lazy Liver Pills.

CURE LIVER TORPIDITY AND BILIOUSNESS.

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**Antibilious.** — These pills are antibilious and act gently yet thoroughly upon the liver, bowels and digestive organs. In recent as well as in chronic cases of biliousness and liver troubles, they act at once, without griping, and do not leave behind any unpleasant after-effects nor purge the user.

**For a Lazy Liver.** — Lazy Liver Pills have no equal. They restore the deranged liver to its normal and healthy action. They remove and prevent accumulations of bile in the system by promoting and securing a regular movement of the bowels daily.

**For Biliousness.**—Lazy Liver Pills secure in every instance the most satisfactory results. You take them at night and in the morning you secure prompt and full relief, which is a sure sign that the system is thoroughly cleansed of bilious matter. They do the work every time as they are made with a special view to thoroughly act upon the liver and digestive organs. They clear the complexion, preserve the teeth and cure that tired, all-gone, want-to-be-left-alone feeling.

**Bilious Headaches.** — This remedy gives prompt relief. The sense of heaviness in the front of the head and through the temples, yellowness of the eyeballs and a general feeling of dullness through the head are indications calling for the prompt employment of these pills. These symptoms show that the system is clogged, that the bile elements are not taken out in the natural way and that Lazy Liver Pills should be promptly used to aid Nature in her efforts to rid the system of the excess of bile which has accumulated, and should be removed before jaundice or other troubles set in.

**Sick Headache.** — There is nothing which gives such quick results in the treatment of sick headache as our Lazy Liver Pills used in connection with our Household Headache Tablets. Ladies who have acquired the habit of periodical headaches, sickness at the stomach and a general feeling of malaise will find relief by using these two remedies at the beginning of the attack, repeating the same frequently and as often as may be required.

**Torpid Liver.** — When for any reason the nerves of the liver become weakened this organ becomes sluggish and many unpleasant symptoms quickly appear. These pills used as directed will tone up and strengthen the liver and restore its lost activity and with it there will be a corresponding improvement in the general health.

**Coated Tongue.** — Many people have a bad taste and a coated tongue which are a direct result of an accumulation of waste matter in the system. The proper way to overcome the same is to stimulate the liver to throw off the excess of bile and restore the bowels again to a healthy condition. Two or three of these pills taken at night, followed by one or two in the morning is usually sufficient to accomplish a perfect result.

**Action on the Bile.** — In the morning one experiences a certain heaviness; the movements are undecided, the head embarrassed, the mouth is clammy with a yellowish coating on tongue. When the complexion is yellowish, and blotches, liver spots and other blemishes appear on the skin, this indicates a bilious condition which this remedy removes; then nutrition acts at once on the fresh materials of food and our good humor is thus renewed every day. In ordinary cases one pill night and morning is usually sufficient. Full directions are given on each package.

# Tonic Laxative Pills.

A NATURAL REMEDY FOR CHRONIC CONSTIPATION.

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**Constipation.** — This trouble may be due to a great variety of causes, chief of which are errors in diet and the habitual neglect of the act of defecation from carelessness, want of time or undue modesty. It may be brought about by any of the causes which produce weakness of the muscular fibres of the intestines, anæmia, chlorosis and other enfeebling diseases, chronic enteric catarrh, the habitual use of common cheap purgatives. Constipation will also result from the habitual use of opium, and from lead poisoning or sedentary habits.

**A Medical Triumph.** — In these pills tonic and laxative agents are employed by which the nerves and muscles of the bowels become invested with vigorous health. This is the only laxative medicine that both strengthens and relieves the bowels. To regulate the intestinal organs, restore their functions and secure their normal action, this remedy meets a want which has been recognized for years, and that is a bowel laxative that will act also as a tonic agent.

**Superior Remedy.** — People of all ages subject to habitual constipation, costiveness and weakness of the bowel muscles, will find these pills far superior to injections and salts. By taking one or two each day, delicate people and chronic sufferers will enjoy natural discharges, and if used occasionally as directed, their tonic and laxative effect will be fully observed in that regular operations will follow.

**The Old Way.** — The unwise use of strong purgatives and cathartics such as salts, aloes, jalap, rhubarb and calomel, move the bowels by reason of their irritating properties, the same as croton oil irritates the skin or in the same manner that mus-

tard causes vomiting if taken in any quantity. The result of using strong medicines are very injurious because the bowels become weaker instead of stronger. They are injured instead of being benefited, and as they become accustomed to such irritants they become more and more worn out and exhausted. For this reason the dose of such strong purgatives must be increased in size and frequency.

**The New Way.** — Our Tonic Laxative Pills act upon an entirely new and different principle, containing as they do, ingredients which have been found by experience unirritating and at the same time possessed of splendid qualities. By their tonic and strengthening action upon the thousands of large and small nerves and muscles which control the action of the stomach, liver and bowels, these wonderful pills produce no irritation. On the contrary, they improve, strengthen and regulate these organs and hence contribute directly to their natural and healthy activity. Full directions on every bottle.

**For Women.** — No laxative is so fully adapted to the needs of women as our Tonic Laxative Pills. Their action is so gentle that unless movements of the bowels occurred, women would scarcely know that they had used a laxative at all. They may be used at any time and in any condition of the system. Often when used in large doses, say two of them taken three times a day, they have a tendency to quickly establish the monthly flow which may be retarded as a result of colds or exposure.

**Children.** — Parents should be particular to instruct their children that regular movements of the bowels promote healthfulness and there is no other preparation which will so fully meet the requirements of children, who by neglect to attend to the calls of Nature often acquire the habit of costiveness.

# Household Sanitary Cathartic.

A SURE, RELIABLE AND EASY PHYSIC.

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**Sanitary Agents.** — This splendid remedy in pill form is a scientific cathartic. It is well known that the usual drugs and pills found in the stores operate by irritating the lining membranes of the stomach and bowels. The result of such irritation is to cause the intestinal secretions to flow excessively and thus do much injury. Our Household Sanitary Cathartic, however, acts with an unmistakable mildness upon the stomach and bowels and has a sanitary effect upon the muscular and nervous tissues of the same; restoring them to a strong, healthy and active sanitary condition so that they will have a free movement every day.

**Peculiar Action.** — The longer these pills are used, the less number required to move the bowels. They never cause griping or other unpleasant sensations like the ordinary pills. Their use does not weaken nor derange the stomach, liver or bowels. They are decidedly of benefit where there are piles or other rectal diseases. They are equally as good for women as for men. If used right, they will cause healthy movements of the bowels every day.

**Clean Bowels.** — Ladies should realize that constipation will cause their hair to become harsh and brittle and the complexion dark and muddy. To establish and maintain sanitary conditions of the bowels, our Household Sanitary Cathartic can be used with the greatest success. By their scientific action upon the functions of the stomach and bowels, these wonderful sanitary agents keep the blood pure and the bowels clean, causing them to work naturally and healthfully, thus guaranteeing the system against liver, bowel and kidney troubles.

**Meet Requirements.** — Men commonly desire to have the bowels move quickly and briskly. Such a result is often injurious as it is apt to leave the bowels weakened and irritated. Whether your work is sedentary or otherwise, if you have neglected taking proper precautions and have formed the constipation habit, bear in mind that our Household Sanitary Cathartic will meet every requirement. From two to four pills at night will do the business every time. Daily, at some convenient hour, perhaps soon after a meal, at which time there is a natural tendency to peristaltic movements, the patient should retire to the closet and at least solicit an evacuation, though not persist in fruitless efforts by straining.

**Bad Practice.** — It is unwise for people to use any form of blue pill or calomel, because the mercury is sure to be retained in the system often for years. It is also bad practice to use freely of salts, sedlitz powders or magnesia, as these agents simply wash out the system and often form concretions especially in the bladder and kidneys. Household Sanitary Cathartic is an easy physic and besides being free from these objections is certain to give satisfaction.

**Old People.** — Persons advanced in life often suffer from distention of the lower bowels and difficulty in evacuating the same. Two or three Household Sanitary Cathartic pills used at night will keep the bowels healthy, the blood pure, and old age will be made comfortable. It is a bad plan for any person to take medicine that will irritate or wear out the bowels or injure the action of the stomach. Our Household Sanitary Cathartic fills the bill as nothing else can do. They should be used with regularity for relieving the stomach and bowels and securing full healthy movements which are indicative of sanitary conditions. Full directions on each label.



# Household Pile Cure.

## A POSITIVE CURE FOR PILES.

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**A Common Complaint.** — Piles or hemorrhoids are common in every household. The symptoms vary from uneasiness and irritation in the rectum, accompanied by itching and tenderness, to the more violent symptoms of pain, hemorrhage and constant aching misery. Piles are little round, redish tumors which form either at the margin of the anus or wholly within the rectum. Our Household Pile Cure used at the very beginning of the attack will usually cure the piles in from twenty-four to thirty-six hours. When the disease is of several weeks' standing, more thorough treatment is needed. The external parts should be bathed twice per day with water as hot as can be borne, also syringe out the rectum with a pint of hot water in which one of our Antiseptic Germicide Tablets is dissolved. Follow this plan each night before retiring, after which use Household Pile Cure as directed on the label, repeating the same treatment in the morning. It is important to regulate the bowels, for which purpose our Tonic Laxative Pills should invariably be used. Do not make the mistake of employing an active cathartic or purgative, but follow the advice in every particular as given. If you do not derive prompt and successful results from the use of this remedy consult one of our physicians.

**Prevention.** — Plethoric persons or those who are subject to an attack of the piles, should not use upholstered chairs for office or lounging purposes, as the heat of the body when confined relaxes the rectal tissues. A cane-seated chair or an air-cushion is a preventative and the best seat for a person subject to hemorrhoids.



# Household Headache Tablets.

A QUICK, SAFE, SURE AND RELIABLE  
HEADACHE CURE.

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To find a person who has never had a headache would be difficult. To find a headache that our Household Headache Tablets cannot cure would be even more difficult. They are always a success and quickly cure any and all forms of sick and depressing headaches. They do their work thoroughly, are positive in their action and succeed even where other remedies have failed. Headaches come to the old as well as the young; to the strong as well as the weak. They may be periodical or only occasionally experienced. They may result from stomach, eye, heart, liver, kidney or other troubles, or they may be purely of a nervous character. No matter what the cause may be, our Household Headache Tablets are sure to give full and complete satisfaction (full directions on each bottle). After the headache has ceased remove the cause.

Headaches are but Nature's warnings of some more deep-seated trouble. If they arise from biliousness, take our Lazy Liver Pills; if from stomach troubles, take our Household Dyspepsia Tablets; if from poor circulation, take our Perfect Circulation Tonic; if from anæmia, use our Red Blood Makers; if from nervousness, use our Nerve Tonic Pills; if from female troubles, use our Female Health Pills. If in doubt regarding the cause consult one of our physicians.

**DIRECTIONS.** — When the pulse is strong and the face flushed take one Headache Tablet, crush it with the teeth before swallowing; take another in twenty minutes if necessary,

When the face is pale and the pulse weak take one Feel-Fine Tablet; crush the tablet with the teeth before swallowing it and repeat the dose in twenty minutes if necessary

# Household Kidney Pills.

A SCIENTIFIC, SANITARY REMEDY FOR KIDNEY AND  
BLADDER TROUBLES.

**Positive Cure.** — This remedy is usually a positive cure for sick kidneys and all bladder troubles. It imparts its tonic, healing and curative properties, giving renewed activity and life to these important organs of the body. While kidney trouble is not dangerous at first, the disease advances quickly and is soon in the chronic or advanced stages which is not only serious, but in a large percentage of cases, unless proper medicine is used, fatal.

**Kidney Troubles.** — Diseases of the kidneys are noted by the condition and appearance of the urine. The quantity may be increased or diminished. It may be highly colored or pale, thick and milky, depositing a sediment like brick dust. It may scald the passage and there may be pains in the back and loins, with puffiness about the face or limbs. The desire to pass urine may be urgent and attended with pain. Headaches are common, together with depression of spirits and blood poisoning from retention in the system of uric acid. Household Kidney Pills when used as directed will restore the kidneys to a healthy and normal condition. Watch the urine and if you find anything wrong, begin at once a course of treatment with these splendid pills. Consult one of our physicians and he will give you instructions in regard to diet as well as other important matters.

**Nephritis.** — When inflammation of the kidneys becomes chronic it is known as Bright's disease. Treatment should not be delayed. The right remedy should be used at the very beginning of the sickness. Our Household Kidney Pills are a marvelous remedy to restore the kidneys. They increase

the nervous and muscular energies, giving new life and new vigor to the organs of secretion and by virtue of their restorative tonic action, Nature is soon enabled to repair the damage.

**Cystitis.** — This consists of inflammation of the bladder manifested by frequent desire to pass water and sharp burning pains at the neck of the bladder. The urine may contain mucus, or blood, and be of a cloudy appearance. Our Household Kidney Pills for bladder troubles can be positively relied upon. They secure prompt results and will cure any and all conditions of this nature.

**Catarrh of the Bladder.**—Many people are affected with catarrh of the bladder resulting from previous attacks of inflammation. It may or may not be preceded by acute trouble, but may gradually develop, there being painful and scalding sensations in passing the urine, in which will be found a heavy sediment of mucus, pus and other abnormal materials. In the treatment of catarrh of the bladder there is no remedy that will give better satisfaction.

**Incontinence of the Urine** is much more common in children than in adults. This weakness is due to a laxity of the muscles about the bladder, and is more properly a muscle habit than a disease. Censuring the child without giving the matter proper attention may lead to serious illness. Our Household Kidney Pills taken according to directions are a specific for this trouble.

**Gravel.** — This trouble is caused by the formation in the kidneys or the bladder of little stones or concretions which often grow to a large size and give rise to great annoyance unless properly treated. When the urine is found to contain brick dust or other gritty particles, it is a sure sign that the kidneys need the help of our Household Kidney Pills

to restore them to normal activity. When a gravel trouble has become well established, seek the advice of one of our physicians, whose wise counsel and direction will often enable you to more quickly overcome and conquer the disease.

**Dropsy.** — As a result of chronic kidney trouble the face and limbs are apt to become swollen and painful. If of long standing there may be pain on pressure about the limbs and feet. It is wise to examine the urine when anything of this kind is noticed. If you find it frothy and discolored, containing mucus and sediment, you can be sure that the disease has advanced to its second stage and that our Household Kidney Pills should be persistently used. Dropsy means that the watery elements are being retained, that the blood pressure is abnormal, that the kidneys are so deranged that they are unable to take out of the system the poisonous elements they should. In these cases our Household Kidney Pills give such perfect satisfaction that we want every sufferer to give them a trial, knowing that they will always be found efficient and reliable.

**Diabetes.** — Diabetes is a kidney trouble usually accompanied by a great thirst and sometimes fever. Large quantities of urine are passed which often contains sugar in large quantity. To cure this form of kidney trouble is difficult, but can always be accomplished by taking the trouble in time. Our physicians will give all needed advice free.

**How to Get Well.** — If you want to get well and stay well you must make the kidneys well. The kidneys are the most important organs in the body; they do the most work and as a consequence get out of order quickest.

You cannot run a great piece of machinery with-

out attention of some kind. Neither can you expect to have good health if you fail to look after your kidney machinery. The blood passes through the kidneys thousands of times a day, as often as through the heart, and this is going on every minute of our lives. People make more work for the kidneys by worrying, from taking cold, over-eating, over-drinking, dissipation, etc.

If the kidneys are well they filter just so much blood, but if they are sick or weak from any cause they leave the poison in the blood, and this poison poisons the entire system. When you consider their great work and the ease with which they become deranged can you wonder at ill health and sickness? Can you wonder at the alarming increase and prevalence of kidney trouble?

**Analysis of Urine.** — Many times it is absolutely necessary to analyze the urine in order to determine correctly the condition of the kidneys. Fill a half-pint bottle with the urine that is first passed in the morning and take it to one of our physicians who will subject it to the proper tests. Most people do not realize the seriousness of kidney troubles. Thousands die every year from some form of kidney trouble; which is the most prevalent of all diseases. Remember therefore that if you do not obtain prompt and successful results by the use of our Household Kidney Pills, you should consult one of our physicians, taking with you a sample of the morning urine for analysis.

**DIRECTIONS.** — Take from one to three pills night and morning and see that the food be carefully selected. Disappointment may follow the use of this remedy unless particular care is given to this matter. The diet for ordinary kidney troubles would be inappropriate for diabetes or Bright's disease. It would be of great advantage when using these pills to see one of our physicians and obtain instructions in regard to diet.

# Blood and Skin Remedy. No. 1.

PREVENTS THE FORMATION OF PIMPLES, BOILS,  
BLOTCHES AND OTHER CUTANEOUS  
AFFECTIONS.

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**Its Special Purpose.** — This remedy is prepared for a special, definite, well-defined purpose. It is both a preventative and a positive cure for boils, pimples, blotches, shingles, red rash, eczema, herpes and all affections resulting from diseases of the skin.

**Acne.** — The presence of pimples upon the skin means that something is wrong in the glands of the skin or that Nature is making an effort to remove impurities from the system through the skin. Our No. 1 Blood and Skin Remedy acts through the blood directly upon the circulation and glands of the skin. It cures by preventing the formation of pimples and blotches, thus making the skin soft, smooth and velvety.

**Boils.** — This means an inflammation of a limited portion of the skin and its underlying tissues. It is very important to remove the cause, because boils are always an indication of something acting abnormally in the body. Our No. 1 Blood and Skin Remedy will in a remarkably short time remove completely the cause from the system and prevent as well as cure the conditions which produced the boil. If it has already become well-developed, apply a flaxseed poultice until it comes to a head after which it may be opened and the core extracted. Always take our No. 2 Blood and Skin Remedy to thoroughly purify the blood. Remember that no blood purifier can cure pimples if the cause is allowed to remain; this remedy prevents the formation of new pimples while No. 2 is removing the cause and clearing out the debris.

**Eczema.**—This common affection is known by different names such as salt rheum and tetter. It consists of the presence of eruptions and scabs upon the skin, accompanied by a severe itching and often by acute inflammation. At times there are blisters and little inflammatory points characteristic of the disease. No effort is too great which will thoroughly eradicate eczema from the system. Our No. 1 Blood and Skin Remedy may be used with positive assurance of satisfaction, and in connection with the same our No. 2 Blood and Skin Remedy should be used to purify and cleanse the blood; if the itching and irritation is pronounced, our Household Salve should be used as a means of quick relief.

**Herpes Zoster or Shingles.**—This disease in which a zone or girdle of inflamed blisters form over a cutaneous nerve, is fortunately not common. It may persist for months but is fully cured and further trouble prevented by taking our No. 1 Blood and Skin Remedy and by applying to the eruptions several times daily a lotion containing one ounce of borax dissolved in one-half pint of water. Sufferers should also use our No. 2 Blood and Skin Remedy internally to thoroughly purify the blood and eradicate the disease from the system. Our Blood and Skin Remedies always remove the cause of dandruff by purifying the blood, also blotches, scaly diseases and other affections of the skin are cured by the same treatment. The dose of this remedy is one or two pills; to be taken before each meal.

If you have any disease of the skin or of the blood which shows itself by an eruption on the skin, you should do everything in your power to have it cured as soon as possible because people who do not know you thoroughly may think that you are suffering from some bad disease.



## Blood and Skin Remedy. No. 2.

PURIFIES THE BLOOD AND CLEARS THE  
COMPLEXION.

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**What it Does.** — It is the business of this remedy to purify the blood. It mixes in with the blood, abstracts impurities, enlivens the circulation, gives good color to the complexion and removes impure and worn-out materials. It thoroughly eradicates and clears from the blood the cause and effect of all unhealthfulness which cause pimples and eruptions.

**The Blood Must Be Kept Pure.** — Where there is pure, rich blood, there is perfect nutrition and as a result good health. The idea of purifying the blood at certain intervals is an old and popular one. To maintain good health the blood must be rid of all effete matter, purified, cleansed and freed from impurities of all kinds. Our No. 2 Blood and Skin Remedy is a superb agent to eliminate from the blood abnormal and poisonous elements. It clears the complexion and keeps the blood in good condition.

**Blood Purifying.** — Almost everyone at times is a sufferer from an impure condition of the blood. General weakness without appreciable cause can usually be traced to an impure condition of the blood. People become tired, delicate and languid, suffering from constitutional weakness; they present an unhealthy skin or the glands of the skin are swollen and tender. In such cases this remedy acts with certainty and precision, aiding Nature to restore the blood to a healthy condition. Understand that in treating blood troubles it is important to use our No. 1 and No. 2 Blood and Skin Remedies at the same time; No. 1 prevents new trouble, and No. 2 clears out all poisonous matter from the blood.



**Scrofula or King's Evil.**— In certain families this disease is hereditary. When once established it may descend to children and grandchildren even under favorable circumstances. It is shown by sore eyes, sore throat, sore nose, swollen glands and ulcers in the neck, groins and other parts, by disease of the bones of the arms or legs. Its treatment must be thorough. Warm clothing, nourishing food, out-of door exercise and our No. 2 Blood and Skin Remedy are absolutely necessary. To prevent the development of eruptions, ulcers and other disfiguring growths upon the skin, it is also equally important to use at the same time our No. 1 Blood and Skin Remedy, the great preventative.

No. 1 and No. 2 cures all blood and skin diseases by purifying the blood and thoroughly eradicating all poisons and poisonous germs from all parts of the body. They immediately tone up the liver and kidneys to a healthy, active, vigorous condition, and maintain them in that splendid condition, so they can and do filter all poisonous matter from the blood as it passes through them. They enrich and increase the fluidity of the blood by forwarding its decarbonization, and keeping its albuminous materials in perfect solution. Stimulation of the lymphatic glands is promoted by these remedies, thus eradicating all abnormal secretions of the body, and preventing their poisonous matter from further infecting and deteriorating the blood.

**DIRECTIONS.**— Take one or two of these pills after each meal. Frequent baths are very important to keep the pores of the skin open. The kidneys should be also watched and if at all deranged our Household Kidney Pills should be taken to restore these organs to healthy action. If the bowels are constipated our Tonic Laxative Pills should be used daily as directed. By following these directions and taking one or two No. 1 Pills before each meal an impure or scrofulous condition of the blood can always be fully removed.

# Red Blood Makers.

FOR PALE, ANÆMIC PEOPLE, GIVING THEM VITALITY, HEALTH, STRENGTH AND ENERGY, ALSO  
A FINE HEALTHY COLOR.

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**Well Named.** — Red Blood Makers are exactly what the name says they are. They are real blood makers. They are made for one purpose only and that is to increase the quantity and quality of the blood. They are designed to give color, vigor and vitality to pale people. These splendid pills are prepared from the purest ingredients obtainable and the peculiar combination used has been found by experience to meet the requirements of people who need new, rich-red-blood.

**Action on the Blood.** — This remedy enriches and increases the ruddiness and fluidity of the blood by purifying it and forwarding its decarbonization, at the same time keeping the albuminous materials in solution, preventing arrest in the circulation, which often causes sudden death. Good blood and sound muscles are synonymous. The action of Red Blood Makers on the muscular system consists in rendering the contraction of the muscles more energetic, thus liberating more heat and electricity, which are the two greatest physical factors of life.

**Pale Children.** — Young children often become pale and their blood thin. They are as tired in the morning as at night. Sometimes their nights are sleepless, their nerves are on edge, and they are constantly on the move, with a restless uneasy disposition. Parents often make the mistake of keeping them on the go, when they should realize that it is the blood that is crying for help. Its richness is impaired, its life-giving elements are deficient; then Red Blood Makers should be taken after each meal.

**Young People.** — You will frequently find young men and women breaking down at school or unable to hold their own in business and social life. They seem to be losing their natural youthful vigor and vim. Has it ever occurred to you that the blood needs enriching to give their cheeks color, to bring back that freshness and vigor of health which should be possessed by every young person? Let your boy or girl take Red Blood Makers at their meals. They should take one or two every time they come to the table. In a month's time you will be surprised and gratified at the change. That vivacity, freshness and roundness of development will all return.

**For All Classes.** — If people of all ages, who have become thin and anæmic, whose energies and capacities have seemingly reached their climax and who are now apparently going backward, could see themselves as others see them, they would realize that they need more and richer blood. When it does not possess that life-giving strength and healthful richness it must have in order to enable them to regain health and again feel that life is worth living, they should take Red Blood Makers.

**Good Advice.** — Red Blood Makers are invaluable. They are different from anything of the kind ever before made. They were not made for one purpose, and then applied by accident to another. They are made to enrich and replenish the blood. They are prepared for the needs of those who are pale and run-down, whose color has left their cheeks and whose strength and physical energies are on the down grade. They give back to the blood that which it has lost — its health and strength-giving qualities. Use Red Blood Makers for a month and you will see and know the difference. Full directions given on every package.

# Rheumatism and Neuralgia Tablets.

RELIEVES PAIN AND NEUTRALIZES URIC ACID,  
PREVENTING ENLARGEMENT OF THE JOINTS.

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**Its Mission.** — It is the business of our Rheumatism and Neuralgia Tablets, first to relieve pain, second to conquer inflammation, third to remove from the system the cause and effects of the disease. These results can always be secured by the persevering use of these splendid tablets.

**Rheumatism and Neuralgia.** — Rheumatism is a disease characterized by pain and stiffness in one or more joints or muscles of the body. Motion is painful and often attended with a grating sensation in the affected joints, in time the joints may become stiff and ankylosed. Neuralgia is characterized by intermittent pain in the nerves and in their area of distribution and is due to a morbid affection of the nerves or their spinal or cerebral centers.

**Articular Rheumatism.** — This affection usually commences suddenly and without warning, with pain and soreness in the joints. Then follows tenderness, heat, swelling and redness of the skin. The distress varies in different people and is increased usually by any movement of the affected parts. The joints may be swollen especially in the knee, ankle, wrist, elbow, and the smaller joints of the hands and feet. Fever may be present and profuse acid perspiration.

**Muscular Rheumatism.** — This may be either acute or chronic, not as violent as articular rheumatism but pitiless in its hold on the system. When acute there is a dull pain in the muscles, grad.

ually increasing and growing more violent. It is seldom accompanied by fever and the duration of the attack may vary from a week to a lifetime.

**Lumbago.** — This painful affection attacks the muscles of the back and sides, which become sore and stiff, every movement causing pain and suffering. It is usually the result of sudden changes of the weather, sitting in a cold draft, sleeping between damp sheets or sitting in a damp room taking cold.

**How to Cure Rheumatism.** — Our Rheumatism and Neuralgia Tablets invariably cure even cases of long standing. The ordinary treatments fail because they weaken digestion, irritate the lining membrane of the stomach and impair instead of building up the system. Our remedy, however, is a powerful purifier and soon brings about a complete and radical change in the system. It is easily assimilated and neutralizes the acid secretions, rendering them harmless and speedily eliminating them from the system. Under its influence the thin acid blood is made pure and rich, and as it is carried through the body it nourishes and soothes the nerves, cools the hot throbbing muscles, dissolves the hard earthy matter that has collected in the joints and forces the same out of the system. The cures with this remedy are permanent and lasting. It leaves the blood in perfect working order and its occasional use keeps it so and the cure is therefore sure and certain.

Rheumatic sufferers should not lose hope, should not get discouraged, even though the case be of the chronic kind and of long standing. These tablets may be said to make a specialty of obstinate, chronic cases which have defied the efforts of doctors for years, and have been more successful as a specialist in this line than the regular physicians.

**Neuralgia.** — This means nerve pain, that is the pain seems to be placed in a nerve, when its cause is usually at the nerve center or in the blood and general system. Inflammation of the nerve sheath may give rise to it but not inflammation of other parts. Neuralgia may occur in any part of the body and the pain may be dull and aching or sharp and throbbing. People who are subject to attacks of neuralgia should always take a thorough course of our Rheumatism and Neuralgia Tablets. If these attacks are persistent it will be usually found that the system is deficient in good, rich, red blood, in which event our Red Blood Makers should also be taken perseveringly at the same time.

**Sciatica.** — This means pain affecting the sciatic nerve which lies along the back of the hip, thigh and leg. Tenderness on pressure often accompanies the pain, which is generally sharp, shooting and darting in character. Even though sciatica has resisted other treatments it can always be removed by the daily use of our Rheumatism and Neuralgia Tablets, taken with regularity at meal times. The sufferer from sciatica should always bear in mind that to obtain a positive cure the condition of the blood must be improved, and there is no remedy for that purpose which can take the place of our Red Blood Makers.

**Complications and How to Treat Them.** — Persistent rheumatism depends largely upon the presence of an excess of uric acid in the system owing to defective action of the kidneys. For this complication our Household Kidney Pills should invariably be used in connection with our Rheumatism and Neuralgia Tablets. Another complication involves the heart, which is liable to become weakened and diseased because of the damaging presence of impur-

ities in the system. Sufferers who experience pain about the heart, palpitation or a sense of oppression in that locality will usually find relief from our Circulation Tonic; if not consult one of our physicians. Another complication is the formation of concretions about the joints and tendons, showing a gouty condition of the system and that it is necessary to carefully regulate the diet so as to avoid the use of foods which have a tendency to aggravate the symptoms. Our physicians will give the needed advice in regard to these matters entirely free of charge.

**Local Treatment.**— Whether the pain is acute or dull, whether it is a result of rheumatism, neuralgia or lumbago, our friends will always find it of special advantage to bathe the affected parts thoroughly several times each day with our Household Liniment or our Household Pain Cure. At the same time they should saturate a bandage or a clean cloth with the same and apply it directly to the affected part. It will give quick relief if applied as hot as can be borne. It should be quickly covered up to prevent evaporation and to favor the prompt absorption of the medicine.

**Every Sufferer** who follows the directions for treatment given in these pages, will not only obtain temporary relief but a full and lasting cure. This treatment has cured more obstinate and pronounced hopeless cases than any other method or treatment of which we have knowledge. Although many people, owing to failures, have grown to expect only temporary relief, they should know there is no reason why they cannot be entirely and permanently restored to health. We speak from positive knowledge and experience. Full directions for taking the tablets is on every bottle containing them.



# Household Tonic Pills.

A GOOD TONIC FOR EVERYBODY.

**For the General Health.** — In this remedy we have provided a general reconstructive tonic for the whole body. It acts upon the general system as well as upon the vital organs. It is a splendid remedy for loss of health and strength without any well-defined disease being present. Weakness and depression of the general health without appreciable cause is usually the result of overwork or some enervating influence upon the system which reduces the vital forces so that they lose their accustomed vigor and energy. They always cure just such conditions, restoring active vigorous health.

**General Debility.** — People who have a general feeling of weakness and are lacking in energy, or experience a worn-out feeling from the least exertion, have dizziness in the head, weakness in the back and depression of spirits, should use this splendid remedy to tone up the system and establish conditions of general harmonious activity. They should also take plenty of exercise, get out in the open air — in the sunshine — and eat plenty of nourishing food.

**A Popular Remedy.** — Household Tonic Pills are very popular. There is a reason. It is because they correct the appetite, aid digestion, strengthen the heart, enrich the blood and impart renewed vitality to every organ. This remedy restores vigor and strength to those who suffer from any form of prostration or general debility. It cures that worn-out, all gone, tired feeling following the slightest exertion. It produces a fresh, healthy glow in bloodless people and is the most efficient aid to recovery after long spells of illness or where the system is broken down and needs building up.



**For Complications.**—If general debility and weakness are complicated by a disordered stomach, give careful attention to diet and take our Household Dyspepsia Tablets in connection with our Household Tonic Pills. If depression of spirits is complicated by a bilious condition, use our Lazy Liver Pills, following the directions advised for such cases and use at the same time this splendid tonic. Bear in mind that there are many conditions of the system that require the use of more than one remedy. Household Tonic Pills will supplement the action of any of the various remedies described in this book. They are good for everybody, for children as well as young people, for adults as well as older people. They strengthen and tone up the various organs of the body, renewing vitality and energy.

**Supporting Help.**—Household Tonic Pills can be used with great advantage by people who suffer with rheumatism, neuralgia, bronchial troubles, kidney diseases, and whose systems are depressed and exhausted as a result of close confinement, long hours of labor or unusual strain upon the vital forces. These pills are used with great benefit along with our Red Blood Makers by pale anæmic people whose blood needs enriching and vitalizing. They are wonderfully successful in removing from the system the cause and effects of malaria, their tonic and invigorating influence being quickly shown by a return of strength, increase of vitality, and an improved condition of the general health. People who are afflicted with catarrh should also use our Household Tonic Pills in connection with our Household Catarrh Cure to secure its upbuilding and strengthening effect. They have a splendid tonic and supporting influence upon the functions of the stomach, liver, bowels, and all organs of nutrition.

**For Invalids.** — A good tonic for convalescents and invalids is often of great importance and an actual necessity. In order to restore the patient to health, the organs of digestion and nutrition must be coaxed into harmonious action and not driven. Our Household Tonic Pills will give the invalid new strength and energy. They are strictly scientific in composition, and may be taken by the most delicate invalid with safety and absolute certainty of being benefited. As a reconstructive tonic and body builder they supply the system with those elements which put new life into flabby muscles, which give courage and energy to the mind, restoring the glow of health to pale and faded cheeks.

**Danger of Neglect.** — There is always danger in neglect after a severe illness. Failure to become strong may mean a relapse. Failure to fully recover may mean a return to days of anxiety. Do not neglect the health. Bear in mind that our Household Tonic Pills infuse new life and new energy into weakened, debilitated and broken-down bodies. They are prepared for just such cases as require a general tonic or supporting medicine. By their use the appetite is regained, digestion improved, nutrition promoted, and healthful sleep enjoyed. Whenever you have a feeling of weakness at the stomach, with poor appetite, and are subject to distressing headaches and disturbance of the normal functions of the liver and bowels, a few weeks' use of this remedy, will usually bring about a wonderful change. Do not neglect the first symptoms. Many become completely prostrated, paralyzed or insane by not realizing that the nervousness, gloom, loss of memory, weakness and depression show an exhausted condition which may result in absolute prostration of all brain, nerve and physical powers.

**For Children.** — These splendid pills are an ideal tonic for young people and children. They always cure nervous excitement, restlessness and irritability. They calm a feverish and excited brain, producing no ill effects but act in a natural way, affording tonic and supporting help at all times. Children often need a strengthening and supporting tonic to fortify the system and ward off the danger of sudden colds and catarrhal troubles. When the system becomes debilitated, run down or weakened by overwork and study, disease then more readily gains entrance. Our Household Tonic Pills will tone up the whole system. Parents should watch their children and if they find their health impaired, sleep unrefreshing, appetite poor and vitality at a low ebb, they should promptly resort to treatment that will quickly restore health and strength. Do not wait until your children are sick. Delay may mean serious illness. Do not wait until disease has gained entrance. These pills are a wonderful strengthening tonic when the system is generally run down and in need of new vigor and new strength.

**Lack of Tone.** — Do you know what this means? Simply that your general system lacks vigor and your vital organs are starving for want of proper nourishment. You are weak, tired and exhausted; you have no life or ambition; the slightest annoyance irritates you. You are cross, blue, discouraged and melancholy. You are apt to have pains and aches in different parts of the body or head and a general dispirited feeling all over. Household Tonic Pills contain the precise ingredients needed in a system suffering from lack of tone. They are really food for a starving or run down vital system.

**DIRECTIONS.** — Take one or two pills immediately after each meal. Continue taking this remedy until thoroughly toned up and restored to health.

# Household Pain Cure.

AN INTERNAL AND EXTERNAL REMEDY FOR THE  
INSTANT RELIEF OF PAIN.

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**Ready Relief.** — This magical remedy is a simple, certain and safe antidote for pain and suffering in any part of the body. It is so rapid and positive in its action that we know of hundreds of cases where it cured before the doctor arrived.

**The First Step.** — Our first thought is how to get rid of pain. There are many drugs that will temporarily relieve pain by dulling the senses and paralyzing the mental faculties, but they are usually far worse and more dangerous than the pain itself. The true method is to take our Household Pain Cure internally and apply the same locally as a liniment, at the very beginning of the attack. It is safe to use, instant in its action and thorough in its effect. No matter where the pain may be, whether it is sharp or dull, agonizing or aching, the same, quick, effective results follow its use.

**Stomach Troubles.** — Cramps, pains, spasms, aches and sickness at the stomach are quickly cured by this remedy. Five to ten drops diluted in sweetened water, taken each fifteen minutes gives prompt results. It is as good for the old as for the young, for children as well as adults.

**Chills and Fever.** — Bronchitis, la grippe or pneumonia may be threatened. Prompt action is needed. Our Household Pain Cure should be taken internally each twenty minutes, and applied hot to the lungs until free perspiration follows, after which the intervals may be lengthened until the system fully recovers. When the system is shocked in any way, a few doses will rapidly overcome the depression and secure the return of normal conditions.

**Sore Throat.**—This may indicate the beginning of influenza, diphtheria, tonsilitis or quinsy. It can be promptly broken up and cured by the use of this splendid remedy. When threatened with these troubles use Pain Cure both internally and locally.

**Bowel Troubles.**—Indigestion, summer complaint, cholera morbus, flatulency, bloating of the bowels and colicky pain yield almost immediately to this magical remedy. It will in a few minutes stop the irritation and pain, expel the poisonous gases and brace up the weakened system.

**Tender Feet.**—Corns, bunions, scalding of the feet, aching and tenderness are always benefited by the application of our Household Pain Cure to the affected part. Rub the feet thoroughly with the remedy and at night wet a bandage with the same and bind it securely on the affected parts. The same treatment quickly cures bites, stings, sprains, neuralgia and inflammatory swellings.

**Household Pain Cure.**—This remedy is used internally for colds, coughs, dyspepsia, heartburn, indigestion, cramp and pain in the stomach, sick headache, colic, diarrhœa, dysentery, painter's colic, cholera morbus, cholera infantum, sore throat, croup, hoarseness, diphtheria, neuralgia, rheumatism and suppression of the menses.

Externally for bruises, headache, rheumatism, neuralgia, toothache, earache, bites of insects, bee stings, pain in the back or limbs, caked breasts, sprains, cuts, frost bites, chilblains, etc.

**DIRECTIONS.**—For external use, apply directly to the pain rubbing it in well with the hand or saturate a piece of flannel with the remedy and place it over the affected parts.

**For Internal Use.** From five to thirty drops diluted in a little hot water and taken internally will in a remarkably short time stop the worst kind of internal pain, cramps, cholera morbus, spasms or stomach ache.

# Household Liniment.

FOR EXTERNAL USE ONLY.

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**Household Liniment** is regarded as the king of all liniments and the most aggressive foe to all kinds of pain, external inflammation and soreness. It is rapidly absorbed by the pores of the skin and in this way promptly reaches the seat of the disease and secures immediate results.

**For the Muscles.** — Lameness and soreness of the muscles from over-use or injury yield promptly to our Household Liniment. Contraction of the muscles, numbness or weakness of the same are also quickly benefited. It restores suppleness, improves the circulation and gives perfect freedom of action without suffering. Rheumatic pains and aches in the shoulders and chest quickly disappear with a few applications. It also cures neuralgia.

**For the Joints.** — This liniment has no equal for enlargement, stiffness, swelling and soreness in the joints and tendons. Bathe the affected parts in water as hot as you can bear it and then rub freely with the liniment. Apply a bandage wet with the liniment, over which put a dry one, repeating the treatment often and thoroughly, so as to insure the perfect action of the medicine. Understand that when applied to pain, stiffness or soreness, this liniment will remove it.

**For Lumbago.** — Hundreds of people suffer with a lame, rheumatic back or lumbago, caused by catching cold, over-lifting or straining the muscles. It is often very painful and apt to become chronic. Lumbago yields promptly to the thorough employment of our Household Liniment. We want every sufferer to try it. It will remove the soreness and stiffness as if by magic. Full directions on every bottle.

**For Sprains and Bruises.** — For sprained ankles, wrists and fingers, as well as bruises, frostbites, chilblains and injuries in any part of the body, Household Liniment is a positive cure. Applied thoroughly to the affected parts it quickly restores the normal condition, taking away every particle of lameness and soreness and in a few days restores complete freedom of action and motion.

**Prevents Disease.** — One ounce of prevention is better than a pound of cure as many ailments can be aborted if the right kind of a preventative is used in time. Household Liniment is a great remedy to prevent trouble. Applied over the stomach it will prevent and break up dyspepsia, colic or diarrhoea; applied to the chest and back it will break up a cold and prevent pneumonia, neuralgia rheumatism, catarrh and consumption.

**For the Chest and Lungs.** — Inflammation, bronchial troubles and pneumonia can be checked and prevented by the use of our Household Liniment used at the very start. The chest and lungs should be rubbed thoroughly with this remedy. Apply as hot as can be borne all that the pores of the skin will absorb, then the chest should be wrapped up and carefully protected with flannels. Repeat this treatment each two or three hours until the soreness is fully removed and the breathing natural and easy. Never neglect to carry out these instructions when you have a severe cold or a sore throat. A stitch in time will often save alarming illness.

**Keep at it.** — If one application does not give complete relief, use it again and again until complete success is secured. To cure muscular, bone and nerve pain and conquer disease, requires thoroughness and the right remedy. Our Household Liniment is the right remedy and always succeeds.

# Household Salve.

A VALUABLE REMEDY FOR DISEASES OF THE SKIN.

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**What it Does.** — This remedy is good for any form of roughness, eruption or disease of the skin, such as eczema, pruritus, itching, pimples, sores, ring-worm, scalds, burns, tenderness, rawness, etc. It is composed of antiseptic and healing agents which are a specific for such troubles. It is soothing and healing in its effect and is used by old or young with the most positive success. For scalds or burns it quickly takes out inflammation, being a protection as well as a cure. For children it is so gentle in its action that mothers use it with perfect safety for chafing or scalding of the flesh, summer rash, prickly heat, tenderness of the feet and other childhood troubles. It also quickly heals cuts and sores, and for frost-bites, sunburn, chapping of the hands, etc., it demonstrates its peculiar value. It keeps the skin soft and smooth, removes irritation and soreness and as a genuine household ointment and salve it always gives satisfaction. It is one of the best sellers in our cabinet and an article of daily use in many homes. Full directions for using will be found on each box of salve. Many cases of skin trouble are the result of some disorder of the stomach, bowels or the general system. If you have reason to suspect anything of this kind, you should promptly consult our physician.

This remedy will be found all that is desired for dressing old sores and wounds that are obstinate and hard to heal. It is also a grand remedy for drawing the inflammation out of wounds, boils or any cut or sore in which colds or poisons have set up an irritation or inflamed condition.



# Household Colic and Cholera Tablets.

A SAFE, SURE AND RELIABLE REMEDY FOR  
DIARRHŒA, CHOLERA MORBUS, SUMMER  
COMPLAINT, DYSENTERY, ETC.

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**For Diarrhœa.** — The necessity for a reliable remedy for diarrhœa, ready for instant use, is recognized in every family. This splendid preparation, when taken as directed, quickly checks diarrhœa, and is a positive cure for cholera morbus, dysentery and other bowel affections.

**Summer Complaint** is cured by taking one tablet after each movement of the bowels until the diarrhœa is entirely checked and fully controlled. For cholera morbus take one tablet each half hour until the alarming symptoms have passed. For cholera infantum call a physician immediately, but for the ordinary diarrhœa of children as well as adults these tablets are a positive cure.

**Dysentery** is usually a painful affection accompanied by diarrhœa, and the passage of slimy or bloody stools, but is quickly brought under control by the use of this remedy taken each half hour. Flush out the bowels with a quart or two of hot water after each movement and apply a hot cloth saturated with our Household Pain Cure or Lini-ment over the bowels.

**Colic and Cramps.** — No matter what the cause, colic, cramps or diarrhœa may be immediately stopped by the use of these tablets. Take them with you whenever you go away from home; they will save hours and often days of prostration and suffering by using them at the right time, as per directions on the vial containing them.

# Castoria Soothing Syrup.

FOR INFANTS, CHILDREN AND INVALIDS.

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**It is Popular.** — In the home where there are children this is the most popular remedy in our cabinet. Its sales are enormous. As soon as people find out how good it is they use it freely and often. Full directions are given on each bottle.

**For Babies.** — This remedy is indispensable for crying, colicky babies. It quickly relieves spasms and soothes pain. Babies are apt to scream, kick and squirm because the food ferments and the bowels become distended with gas. Unless taken in time the child is apt to have fever, diarrhœa, fits or convulsions. Castoria Soothing Syrup always acts gently and promptly and is a positive comfort and quick relief to tired little sufferers and a boon to weary mothers.

**For Children.** — For children's ills this remedy is a matchless panacea. Children are apt to become constipated, suffer with bowel troubles, indigestion, loss of appetite and feverishness, resulting from an irritated condition of the bowels. Castoria Soothing Syrup is a blessing to children of any age. It gives full relief, cleans out the bowels and restores them to a healthy condition.

**For Invalids.** — The effect of this remedy when used by invalids is a revelation. Such people are too delicate and too sensitive to employ a cathartic for the bowels but when this preparation is used as a laxative, they always find it acts gently but effectively.

**DIRECTIONS.** — Dose for a child from 1 to 6 months old, 10 to 25 drops; 6 to 12 months old, 30 to 60 drops; 1 to 5 years old, 1 to 2 teaspoonfuls; 5 to 15 years old, 2 to 3 teaspoonfuls; for adults give from 1 to 2 tablespoonfuls. Repeat in 2 hours and increase the dose if necessary.

# Children's Cough and Croup Syrup.

FOR INFANTS AND CHILDREN.

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This Splendid Remedy is both pleasant to take and effective for coughs, colds, croup, bronchitis and lung troubles in infants and young children. It gives immediate relief from that disagreeable hoarse cough so characteristic of croupous conditions.

**Its Sedative Action.** — It quickly takes away the tickling sensation and sense of irritability in the throat. When the cough is barking and rasping, it quiets the sufferer and removes the alarming symptoms.

**Free from Objections.** — It is dangerous to administer any remedy to babies or young children which contains any opiate. This remedy is guaranteed to be free from narcotics and parents may give the same to their little ones without fear of injury.

**Croupous Conditions.** — For croupous conditions, often left behind after the subsidence of acute symptoms, this remedy has no superior. It gives prompt results and without a moment's delay. Babies are apt to wake in the night with a harsh, rasping cough, which is quickly relieved by a few doses of this remedy. If the attack comes suddenly, follow the directions given on the bottle, but repeat the dose every half hour until the spasmodic cough ceases.

**Special Notice.** The action of this remedy will be greatly assisted by giving our Castoria Soothing Syrup to the little one to insure the removal of irritating substances from the bowels. Full directions are given on the label of each bottle.

# Children's Worm Tablets.

A PROMPT AND EFFECTIVE REMEDY.

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**How to Tell.** — You know that a child has worms when it passes one or more from the bowels or throws one up from the stomach. You may reasonably expect worms when the appetite is irregular, the belly swollen, the complexion dark and sallow, when there is itching of the seat, grinding of the teeth, restlessness during sleep and picking at the nose.

**The Cure.** — To drive out the worms, Children's Worm Tablets are a positive success. They make the worms sick, stupid and lifeless. Let the boy or girl take one to two tablets each six hours for two or three days, and each night before retiring give them one or two of our Tonic Laxative Pills or a dose of castor oil in the morning, which will invariably secure the expulsion of the worms and a thorough cleansing of the bowels.

**Cure the Debility.** — If the child is nervous and run down it is evidence that the blood needs attention. Our Red Blood Makers used in such a case will enrich and vitalize the blood and bring back to the cheeks the color of health and restore to the limbs the elasticity of youth. It is not enough to simply secure the expulsion of the worms, but the child should be built up and restored so that the worms can no longer find a favorable home.

**DIRECTIONS.** — These worm tablets should be given to children night and morning on an empty stomach in the following doses: Children under six years one tablet at each dose, six to nine years old from one to two tablets at each dose, nine to twelve years from three to four tablets at each dose, for children over twelve years from four to six tablets at each dose. This treatment should be kept up daily until all the worms have been removed. A dose of our Sanitary Cathartic Pills or castor oil should be given on each third day during treatment.

# Household Toilet Powder.

AN ANTISEPTIC, FACIAL, NURSERY, TOILET AND  
SICK ROOM MEDICATED POWDER FOR INFANTS,  
CHILDREN AND ADULTS.

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**A Toilet Necessity.** — This splendid Antiseptic Toilet Powder is found in our cabinet because it is a necessity in every household. It is an efficient antiseptic and germicide, soothing, comforting and healing to an irritated, sensitive, tender skin. For sweating, sore and tender feet, this powder may be dusted in the stockings or shoes and the grateful comfort which will follow its use in this way will be quickly appreciated. Used upon the hands when chapped, tender or sore, it both cures and prevents the further extension of the irritation. Upon the face, neck and other exposed portions of the skin this splendid toilet powder is used always with positive satisfaction. For chafing of the body from any cause this powder will quickly give relief, it is healing, soothing and effective. If there is a raw surface anywhere it both protects and heals. After the bath it should be used as a dusting powder. For prickly heat in children it is quickly effective. For friction of the skin from rough clothing, or where the surfaces of the skin have become tender because of friction or sunburn, this splendid Antiseptic Toilet Powder will give great satisfaction and quick relief. Mothers will find it, for babies and young infants, a delightful powder in every way. It should always find a place in the nursery as well as upon the dresser. Household Antiseptic Toilet Powder will be found an effective and superior toilet powder for all purposes. Full directions for using will be found on each package.

# Antiseptic Germicide Tablets.

A SCIENTIFIC AND RELIABLE ANTISEPTIC GERMICIDE  
FOR GENERAL HOUSEHOLD USE.

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**Nose and Throat.** — For a cold in the head or a catarrhal condition of the mucous membrane of the nasal cavities, frontal sinuses and naso pharynx, spray the nasal cavities and throat with a solution made by dissolving one or two of the tablets in a pint of warm water.

For a sore throat or inflammation of the pharynx, tonsils or larynx, and in all irritations or congestion of the bronchial tubes, spray the throat with a solution of same strength as before described, and if possible, use our Antiseptic Dry Vapor Treatment.

**For Women.** — Ladies will find these tablets a grand remedy to use in preparing vaginal injections for toilet or medical purposes. One tablet dissolved in each pint of water will make a solution that should destroy disease germs wherever found. These tablets not alone destroy all germs in the water but the solution will kill all disease germs in the vagina when used for an injection.

Every woman suffering from leucorrhœa, uterine catarrh, or from inflammation or ulceration of the female organs, has a vagina that is loaded with germs which should be destroyed and washed away by taking a vaginal injection, made by dissolving four of our Antiseptic Germicide Tablets in two quarts of water. See directions for "vaginal injections" and "to use a syringe properly," under heading hygienic treatment for women.

This remedy is just what every woman needs to use when taking a vaginal injection. It destroys all germs, cleanses the organs thoroughly, quiets the nerves and promotes sweet and refreshing sleep.

**Wounds and Bruises.** — For wounds, cuts, old sores, bruises, and all skin diseases, or in any case where an antiseptic wash is required, two of our Antiseptic Germicide Tablets dissolved in one quart of boiling water and allowed to cool, then filtered through swan's down filter paper or strained through two thicknesses of fine cotton cloth, makes an antiseptic wash which has no superior for these purposes. It can be applied to the wound with an atomizer as a spray, or with a sponge or soft cloth.

**Antiseptic Tonic Baths.** — Bathing to most people is very healthful, but to some, ordinary plain water baths are debilitating, and in a few instances positively injurious; but medicated baths are different, they can always be taken with beneficial effects and are healthful to every one. You can demonstrate this by trying one after the following formula.

A splendid, antiseptic, medicated, tonic bath can be prepared as follows: Fill your bath-tub two-thirds full of water about blood heat, that is so that it will neither feel hot or cold when entering it, then take four of our Antiseptic Germicide Tablets, four of our Perfect Circulation Tonic Tablets and one pint or one pound of any kind of salt and dissolve them all in the water; then add one tablespoonful of tincture of benzoin. This will give you an antiseptic, medicated, tonic bath, equal to the best you can procure at any bathing establishment in the world. Try one and enjoy its invigorating and new life-giving properties.

**DIRECTIONS.** — A convenient way to use our Antiseptic Germicide Tablets is to dissolve 32 of the tablets in one pint of hot water, then bottle for use; each tablespoonful of the solution will represent one tablet, and many times it might be more convenient to add one tablespoonful of this solution to each pint of water than it would be to wait for the tablets to dissolve every time an antiseptic solution is needed.

# Oriental Invigorants.

A QUICK, SAFE, SURE AND RELIABLE INVIGORATING  
STIMULANT FOR MEN AND WOMEN.

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**Times and Times.** — There are times in every married person's life when a quick acting, harmless stimulant or bracer is desirable to save them from annoyance and humiliation. At such times most men and women resort to wine or some other intoxicating stimulant, which will usually do the work; but always leaves some bad after-effect and many times leads to a life of intemperance and dissipation which finally ends in a drunkard's grave.

**Oriental Invigorants.** — This oriental remedy is an ideal substitute for intoxicating stimulants and much less injurious. In many people it will produce as much stimulation and exhilaration as champagne, whiskey or brandy; but there is no intoxication, reaction or bad after-effects. It does not contain any alcohol, opium (morphine), cocaine (coca), chloral, or other deleterious poisons.

Oriental Invigorants are a quick acting, harmless, invigorating stimulant to the heart, brain, spinal cord and entire nervous system, hence quickly affecting the genital organs. You get the effects of the first tablet in about five minutes after taking, and from then on the exhilaration increases for an hour or more.

Intoxicating liquors stimulate the heart, nervous system and that part of the brain which governs the animal passions; but, remember, in accomplishing this they paralyze or befuddle the mental part of the brain and spinal cord, which causes that wild incoherent talk and staggering gait of intoxicated persons. Alcohol rapidly exhausts the nerve centres, which usually leads to delirium and death.



Remember that Oriental invigorants will do all the good work which can be done by spirituous liquors without any of their bad effects; instead of paralyzing the mental part of the brain and spinal cord, as do intoxicants, they have a good invigorating effect upon them, the same as they do upon the other organs and they never befuddle or intoxicate anyone. They will cure the blues and remove that tired feeling in five minutes, making you feel fine and lively, as if you owned the whole earth.

**Drink or Drug Habit.** — Oriental Invigorants will cure the liquor, tobacco, or any drug habit. If you wish to give up drinking liquor, using tobacco, opium, morphine, cocaine or other drugs, take this remedy which will assist you so that you can give up the habit easily.

**Good for the Old Folks.** — Oriental Invigorants are an ideal stimulant, a revelation and blessing to old people; one or two taken in the morning and at noon time should make them feel fine all day and keep them in excellent condition to attend to their daily duties and prevent their getting tired or weary, taking cold, or contracting fevers.

**Men and Women.** — Remember that Oriental Invigorants will in most cases prove to be a quick, safe, sure, reliable, never-failing, delightfully pleasing and invigorating stimulant. They are absolutely harmless when taken as directed and should make you feel immense while under their influence.

**DIRECTIONS.** — Take from one to three tablets when required; always crush the tablets with the teeth before swallowing or let them dissolve in the mouth. You should feel their good effects within ten minutes, which should reach its height within one hour and pass away within four hours.

**Caution.** — Commence by taking one tablet; but the dose may be cautiously increased to three if necessary. Do not take more than three tablets at one dose, nor more than nine in one day.

# Diseases of Women.

## NERVOUS EXHAUSTION, LEUCORRHOEA, AND OTHER FEMALE WEAKNESSES.

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**Female Weaknesses.** — What an array of evils are marshalled under these comprehensive terms; what menaces to health, happiness, and even life lurk within them. How few women escape their insidious and fatal effects. Of all the evils that beset our American women, it is safe to assert that these afflictions are most to be feared, because the most far-reaching in their effects. These are facts, and not bare assertions, and can be borne out by everyday experience.

The ailments classed under the heading of female weaknesses cause more unhappiness and misery than all other diseases from which the human race suffer, and why should women suffer from these troubles when they are so easily cured if properly treated?

The following are some of the prominent symptoms produced by an abnormal, unnatural or diseased condition of the female organs of generation: dysmenorrhœa (painful menstruation), irregularity of the monthly periods, absence or decrease of sexual passion and lack of the natural secretion of amative juices, constipation, sterility (barrenness), inflammation of the bladder, hysteria, epilepsy (spasms), pain in the right side and under shoulder blades, and in loins and back, extreme despondency, neuralgia, pains in stomach, which at times are very irritable; appetite irregular, dots floating before the eyes, dullness of vision, headache, dizziness, aching of limbs, cold feet and hands, catarrh of the uterus (womb), leucorrhœa (whites), causing irritation, with ulceration, and sometimes cancer of the womb.

**Leucorrhœa.** — Leucorrhœa or whites is usually the first symptom of approaching trouble; it is certainly one of the most dreadful plagues that was ever fastened upon woman, and a life-burdening affliction. It tears down the reproductive organs by its constant drain from the vaginal mucous membrane and the uterine cervix and cavity. It is easily diagnosed, for its symptoms are varied and many. We find an excessive discharge, consisting of a thin whitish or yellow matter, sometimes tinged a greenish color. Perhaps a bloody discoloration is present with a smarting sensation. It is a constant drain upon the nerve forces, however vigorous and strong. It saps the vitality. It will draw upon the blood forces, interrupting the circulation, weakening the calibre of the arteries, relaxing the ligaments, and causing falling or other displacements of the womb, irregular menstruation and various other troubles too numerous to mention in our limited space here, but to which we devote some attention under the headings of the different remedies described in this book for the various ailments of women.

**Nervous Exhaustion.** — Ladies, we must warn you that the whites, leucorrhœa, catarrh of the uterus or other female weaknesses will bring on nervous exhaustion, which will cause the crows'-feet to appear at the corners of the eyes and dark circles beneath them, the rosy cheeks and fair complexion will vanish leaving care-worn lines about the mouth; it will deprive the eyes of their beautiful sparkling lustre and streak the proud and haughty head with threads of silver; it will cause a woman's bust to wither away and almost disappear, her shoulders to stoop and her head and back to ache as she drags her weary limbs in pain.

## Female Health Pills.

**Neurasthenia.** — Neurasthenia or nervous exhaustion is one of the greatest evils from which women suffer. The neurasthenic sufferer soon falls to that state where peace can never dwell and hope comes not to the weary one. Nervous exhaustion with all its misery and horror comes like a thief at night; by stealth it fastens itself upon woman, weakening and emaciating her; like a vampire it absorbs her life and vitality; she withers before it like a green plant before the hot and fiery breath of the great African desert. The once active brain is dull and sluggish; her nerves which should be like well forged bands of tempered steel are like broken reeds that sway with every wind that blows. Vitality and health fade away almost insensibly but with awful certainty before this horrid, invisible monster of disease, which is slowly but surely sapping her life.

**Lack of Vitality.** — Vitality is a word brimful of life and the fulness of health with attendant riches of beauty, ambition, hope, self-confidence, industry, helpfulness, happiness and success. In the vigor of health we look forward with hope and pleasure, laying plans toward the acquirement of happiness, each year aiming higher and higher. A tendency to be satisfied with present attainments and careless of advancing in some direction is not in accordance with Nature's law, and shows weakness in some part, lack of vitality, which is always caused by sluggish blood or exhausted nerves.

A woman with sluggish blood and exhausted nerves loses all courage and ambition, the world looks to her like a cold, gray shroud and that bright shining star — of hope — for her has set in a midnight gloom of utter despair.

**New Life.** — Springtime comes with her velvet blossoms and rich perfumes, her budding trees, her plants, her entire wardrobe for all nature, fresh and full of new vigor and life, she finds — what? Haggard, careworn women, weary of life and its cares, bowed down with the horror and misery which come from female weaknesses, sluggish blood and exhausted nerves, with thoughts only for themselves and their ailments; utterly devoid of the power of appreciation for the wonderful beauty of nature, the happiness and new life which spring time should bring to everything alive.

**Female Health Pills.** — Women should thank God that through the hands of a great German alchemist he has given to us nature's own cure for female weaknesses, sluggish blood and exhausted nerves in the form of this marvelous new remedy which rescues woman from the depths of despair, arouses and enriches the sluggish blood and sends it coursing through the arteries and veins like a mountain torrent during a spring freshet, thus cleansing and removing all poisonous matter from the whole system. Hence the brain, nerves and female organs are fed and nourished with pure, revived blood.

Female Health Pills are a woman's true restorative and vitalizer, with a special affinity for the nerves, blood vessels and tissues of the pelvis. They are an invaluable restorative in all forms of uterine and sexual troubles, and are especially useful for pain in the back, bearing down and dragging sensations in the lower bowels and hips, depressed spirits, chlorosis (green sickness), and nervous exhaustion resulting from long continued suffering.

**DIRECTIONS.** — Take one or two pills immediately after each meal. Take one tablespoonful of our Glycophosphates night and morning, and follow all directions given under hygienic treatment.

# Uterol Tablets.

A SCIENTIFIC FRENCH UTERINE REMEDY.

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**Uterol Tablets.** — This is one of the best remedies ever discovered for female diseases, such as inflammation of the womb (metritis); falling of the womb (prolapsus uteri); granular inflammation of the vagina; sterility (barrenness); uterine catarrh (endometritis); profuse menstruation (menorrhagia); granular inflammation of mouth of the womb; green sickness (chlorosis); simple inflammation of the vagina or womb; cauliflower excrescences of the womb; ulceration of the neck of the womb. Any displacement of the womb and other abnormal conditions of the uterine organs readily yield to the gentle influence of this wonderful remedy.

This is a marvelous remedy for promoting a sound and healthy condition of the generative organs, and will be found to be one of the most efficacious and successful remedies ever discovered for removing the causes which produce sterility in the female sex. No cause is more productive of unhappiness in married life than sterility.

**Menopause.** — Uterol Tablets are a soothing specific for the morbid condition of the uterine organs during the turn of life. This is the danger point in woman's life; because if there is lurking in the system seeds of scrofula, cancer or any other malignant disease, which has been held in check by the menstrual flow, it will at once become active and take up its work of destruction and death. Uterol Tablets absorb the poison, removing it from the system, thus carrying woman safely through this critical period leaving her in a strong, healthy condition to enjoy her remaining years which should be the happiest and most contented of her life.

**Scientific Treatment.**—This remedy is purely a scientific treatment, the result of modern and progressive research and discovery in the field of therapeutics. It is prepared in tablet form for local use, and is applied directly to the seat of the disease, by inserting it in the vagina, and leaving it near the mouth of the womb; it is absorbed into the circulation as it slowly dissolves, stimulating and starting the stagnant blood to properly flow through the congested veins, arteries and smaller blood vessels. It strengthens the membranes and mucous linings of the uterine organs, arousing them into healthy action, causing them to throw off all impurities and poisonous matter. It allays inflammation and cures ulceration, granulation, and other abnormal conditions by toning up the uterine organs and forming new, healthy tissue.

This remedy as applied to the vaginal walls, strengthens the ligaments with each application, gradually drawing the displaced womb back to its normal position, restoring those organs once more to a good, strong, healthy condition. This remedy cannot be used during the menstrual period, but should be used every night during the rest of the month; it is entirely harmless and can be used by the most delicate woman with perfect safety.

You will find Uterol Tablets and Antiseptic Germicide Tablets in our Household Medical Cabinet. If this treatment does not act promptly or give entire satisfaction, consult one of our physicians which you can always do free of charge.

**DIRECTIONS.**—Every night before retiring take two quarts of cool water, dissolving in it three or four of our Antiseptic Germicide Tablets and then use it for a vaginal injection. After taking the injection insert one of the Uterol Tablets in the vagina leaving it as near the mouth of the womb as possible.



# Nerve Power Pills.

FOR WOMEN AND GIRLS.

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**Woman's Vital Forces.** — The conditions which apply to men who need vigorous nerve force apply equally to women. This remedy is especially prepared and adapted for the nervous system of women and girls. It brings life and power to the weakened energies and puts the sort of vim into the nerves of women and girls that makes them womanly and gives them everything Nature intended they should have. Active nerve force gives the body power to perform a certain amount of labor; the reserve force supplies it with a power to perform a measure of extra labor to meet emergencies; to resist the external vicissitudes without trenching too severely on the supply which is ever wanted to keep the heart pulsating, the chest heaving, the glands secreting, the digestive apparatus digesting, and the brain receiving the necessary power to properly direct the energies of the whole mental and physical body.

**Nerve Power Pills** make women and girls more vigorous, better tempered, and stronger in every organ of their body. They bring out the very best that is in them. They make nervous women strong and healthy. They restore a woman's weakened nerve force, cause her eyes to sparkle and her cheeks to glow with girlish health and youthful beauty. Nerve Power Pills used intelligently and persistently round out her form and make her step light and elastic. They impart energy, elasticity and vigor to the nerves that are lacking in the potential elements of physiologic activity.

**Nervous Prostration.** — Women are apt to endure silently the torture of nervous weakness because of innate modesty. They do not like to complain of



their needs or their weaknesses. They prefer to suffer day by day rather than to have it known that they are lacking in nerve force. Nerve weakness undermines the strongest constitution. Women may feel fairly well and yet lack latent nerve power. Waste and repair are often lost sight of. It is for this reason that nervous prostration occurs so often among women. They break down at a time when they should be at their very best. Nerve Power Pills for women and girls will keep their nerves vigorous, make them strong and supreme, supplying needed vital power to the nerve centers, thus enabling the system to carry on the complex functions of life with energy and vigor. A tired condition of brain and body cannot remain after our Nerve Power Pills supply the nerve centres with cerebrin, the potential power of all nervous energy.

**Perfect Support for Women.** — Our Nerve Power Pills are a perfect support at any stage of a woman's life. It is the grandest medicine for the nervous woman that has ever been prepared. By their use a woman is prepared for every station in life, whether it be marriage, motherhood or other womanly functions. They keep and preserve her temper and disposition in a condition to make ideal wives and mothers. They preserve the beauty and grace of her youth and enable her to look out upon life with glowing hope and appreciation of the many joys and pleasures it has in store for her. Nor is this all. These wonderful Nerve Power Pills will enable her to fulfil all the obligations of her sex, both as wife, mother and companion. It should be understood that when nervous troubles arise from female weaknesses the proper remedy to use is our Female Health Pills, as our Nerve Power Pills are not intended for such cases. Full directions on each label.

# French Nympho Pills.

AN INVIGORATING, RESTORATIVE REMEDY  
FOR WOMEN.

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**Mismatched.** — It is a well-known fact that nearly all domestic misery and unfaithfulness arises from the sexual mismatching of husband and wife.

Woman is man's inferior sexually only from her mode of living, and the neglect of leucorrhœa and other weaknesses. In this way her health and strength become impaired, thus ruining her nerve force, which weakens her sexual organism, destroying her natural amative juices and all desire for her husband; her greatest dread being her marriage duties. The husband realizing that his approaches are not reciprocated by his wife, breaks his marriage vows and seeks congenial female companionship elsewhere. This leads to jealousy, unhappiness, and finally separation and divorce.

God created man and woman equal, with the same desires and feelings. He ordered them to go forth, to multiply and replenish the earth. Woman is man's equal, both mentally and sexually, when she enjoys good, vigorous health.

When a woman is sexually weak, her daughters inherit her weakness, and thus the curse is handed down from one generation to another.

Our new remedy is a positive necessity for all women who wish for beauty and good health, so they may thoroughly enjoy the pleasures of life. It will develop the bust, strengthen and tone up the reproductive organs. It will cure nervous and sexual debility, without regard to age. It is the only genuine restorative known for sexual exhaustion of women, being a gentle and harmless, but determined rejuvenating Aphrodisiac remedy.

**French Nympho Pills.** — This remedy should restore the health, vigor, and beauty of youth. It is supposed to create new nerve fluid and brain matter, by supplying the blood with vegetable phosphates, its electric life element, restoring the fullest and most vigorous conditions of robust health of body and mind, so that all the duties of married life may be pursued with confidence and pleasure. It never fails to enlarge the bust and thoroughly invigorate the brain, nerves, and uterine organs. Its energizing effects are shown by a remarkable increase of nerve and vital powers with a feeling of pleasure, strength and comfort to which the sufferer has long been unaccustomed. It will strengthen and tone up the reproductive organs, restoring the amative juices. It is truly a wonderful remedy for sexual exhaustion in women. This remedy should remove the crows-feet from the corners of your eyes and the dark circles from beneath them, clear your complexion and give you rosy cheeks, take the care-worn lines from about your mouth, and restore the beautiful, sparkling lustre to your eyes, removing your aches and pains, strengthening your spine, thus giving you a light, elastic step. It will make you more charming and entertaining by giving you new life and vitality.

**DIRECTIONS.** — Take one or two pills immediately before or after each meal. Take plenty of exercise in the open air; sleep in a room that is well ventilated and live chiefly on milk, meat and eggs. Take a cool bath and cool vaginal injection every day, but avoid both hot and cold ones, because hot water is very debilitating and cold water may cause rheumatism or neuralgia.

If you are a sufferer from leucorrhœa or any displacement of the womb, remember that the Uterol Tablets and the Female Health Pills are the remedies indicated for these troubles. You will find all these remedies in our Household Medical Cabinet. They act promptly and give entire satisfaction.

# Monthly Pain Relief.

FOR WOMEN AND GIRLS

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**Quick and Effective.** — These pills are a Godsend to every woman during her menstrual life. They are as good for the matron approaching the change of life as they are for the young girl just emerging from girlhood into womanhood. Monthly Pain Relief is an absolute, quick and positive cure for monthly headaches, sicknesses at the stomach, painful menses, backache, and bearing down pains or dragging heaviness at the monthly climax.

**Dysmenorrhœa.** — For painful menstruation the regular dose is from one to two pills taken every two or three hours until relieved. Ladies will bear in mind when used in this way that this remedy will secure for them a positive result. Nothing else could so fully and completely satisfy their requirements. It takes out the pain and removes the misery.

**Congested Conditions.** — When the stomach muscles are sore, and the flesh tender and sensitive, because the pelvic organs are swollen and there is congestion all through the pelvis, Monthly Pain Relief should be used in connection with our Ovarian Balm. Do not wait until you are nervous and prostrated on account of pain and misery, but at the very beginning of your sickness, use our remedies, and your periods will be free from pain.

**Young Girls.** — Mothers who give their daughters this remedy, quickly find that it relieves nervous excitability and nervous shock. Girls are liable each month to be prostrated with hysteria, nervous headaches, muscular weakness, fever, sick stomachs, severe and agonizing pain and should promptly use Monthly Pain Relief two to three times daily until complete relief is secured.

**Special Notice.** — The best results will be secured when proper attention is given to the condition of the bowels. If you are subject to constipation or your bowels are inactive, you should use our Household Sanitary Cathartic as a prompt means of unloading the bowels and restoring the vital organs again to a sanitary condition. Do not blame our Monthly Pain Relief for not acting promptly if you do not pay special attention to the condition of the bowels. Neglect of this important matter may cause disappointment.

**Safe to Use.** — This remedy is strictly scientific in its composition, contains no cocaine or other harmful drugs. Women who value their health should avoid anything like a narcotic or opiate. To use such a drug is but to invite danger. You can always be on the safe side by using Monthly Pain Relief. The mother as well as the daughter can consult with our physician in perfect confidence and obtain advice free of charge.

**Make No Mistake.** — We do not recommend Monthly Pain Relief as a cure for irregularities. For such troubles we advise the use of the Ideal Monthly Regulator which will invariably give satisfaction. To prevent and save suffering, prostration, nervous shock, monthly misery and pain, our Ovarian Balm used locally as directed and the internal employment of our Monthly Pain Relief is absolutely certain to be followed by relief and freedom from continued suffering.

**Monthly Pain Relief.** — This remedy reduces the congested condition of the ovaries, fallopian tubes and womb, it relieves the pain almost immediately and tones up the organs to a good healthy condition, so that in a short time the monthly periods should occur without pain. Full directions on every bottle.

# The Ideal Monthly Regulator.

SAFE, SURE, AND RELIABLE.

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**Amenorrhœa.** — This condition is usually divided into two distinct classes. First, absence of the menses in girls who have never menstruated, and second, suppressed menstruation where the flow having once been established fails to appear at the regular time. The absence of menstruation is a normal condition during pregnancy and while the mother is nursing her child.

Non-appearance of the menses is a frequent malady of girlhood, and may be due to a variety of causes, as lack of pure air, sunlight and proper exercise, improper and insufficient food, anæmia, chlorosis, consumption or any wasting disease or malformation of the generative organs. Suppressed menstruation is most generally caused by exposure, such as getting the feet wet and body chilled. Intense excitement or excessive study may cause it.

**A Complete Success.** — This is the very best preparation for the complete restoration of the menstrual flow when suppressed by unnatural causes. It fully meets the wants of married women as well as young girls who are irregular, or whose periods are delayed on account of colds, inflammation, exposure, congestion or other abnormal conditions.

**Never Experiment.** — Ladies should be careful about experimenting with the numerous advertised regulators as many of these are dangerous to use. It is not only unsafe to employ inferior remedies, but it results in great expense, disappointment and failure. Ladies can save themselves much annoyance by using our safe, sure and reliable monthly regulator. Its action is mild, yet certain upon the blood vessels of the pelvis, stimulating the womb and ovaries to healthy activity.

**Important.** — To establish the flow and secure its regularity, this remedy has no superior. A single trial will convince you that these pills now used by thousands of ladies are sure to give complete satisfaction. Ladies will bear in mind, if their bowels are constipated, that it is necessary to also use our Household Sanitary Cathartic to quickly unload the bowels, which will contribute largely to the success of the regulator.

**Gives Full Relief.** — Many cases of irregular menstruation can be traced directly to a congested and swollen condition of the womb, resulting from constipation, colds and inflammation. In such cases this remedy will be found of peculiar service, as it contains properties which will not only establish the flow but will at the same time have a tendency to give full relief under these conditions. Taken regularly each night and morning for a few days before the expected period it completely restores the menstrual flow when suppressed as a result of general debility, nervous shock, uterine weakness, etc.

**Special Treatment.** — Special cases may demand special treatment. There may be some form of blood trouble or the irregularity may result from anæmia, impoverished blood, or other abnormal conditions, in which case the advice of one of our physicians should be obtained. As a rule, however, our Ideal Monthly Regulator used as directed meets every requirement.

**Change of Life.** — When nearing the change of life, ladies become more and more irregular and their general health impaired unless Nature is aided at each monthly period. In these cases our Ideal Monthly Regulator demonstrates its splendid qualities. Used for a few days when needed it leads to the much desired and necessary result.



**Assured Results.** — Remember that when the flow is scanty, irregular, not of a bright red color, or comes a few drops at a time, or when the period is delayed, our Ideal Monthly Regulator taken at night and in the morning, regulates the flow by restoring healthy vigor and giving renewed activity to the pelvic organs. It removes all abnormal impediments to the menstrual flow, soothes and invigorates the irritated female organs and is positively safe and effectual in restoring the menstrual function, leaving the organs in a good, strong, healthy normal condition, by removing the cause of the disease.

**Full-Blooded Woman.** — She may be a constant sufferer from headaches, occasionally have intense flow of blood to the head and brain, her face is abnormally flushed, she is stout and her movements are measured and slow. In this case a low diet, with the daily use of Household Headache Tablets and our Sanitary Cathartic Pills, together with cold applications to the head and spine, will be of great advantage. At the time of the expected period the general directions for the use of our Ideal Monthly Regulator are also to be carefully followed.

**Anæmic Form.** — In a woman who is anæmic, poverty of the blood appears to be the cause of the irregularity. Not only does she appear pale and bloodless, but she is weak, nervous and depressed. Such a woman needs our Female Health Pills and good nourishing food. Her mind should be at ease and her surroundings harmonious, while it would be of great advantage for her to have a change of air. A visit to the sea shore and the use of our Female Health Pills together with our Compound Glyhypo-phosphites to build up the system and improve the general health will usually be successful in both restoring the menstrual function and securing a return



of vigorous health and strength. We cannot speak too strongly of the importance of keeping good hours and of healthy out-of-door exercise as a valuable aid in hastening the desired results. Many ladies from neglect to use the right treatment drift into consumption and other wasting diseases. In just such cases it is of advantage for the patient to see one of our physicians. Their experience and successful treatment of these cases assures the patient of competent advice.

**DIRECTIONS.** — In all cases the bowels should be kept loose during the treatment. When the suppression is of long standing or where the bowels are constipated, the patient should first take a good cathartic such as castor oil or our Sanitary Cathartic Pills to cause a thorough evacuation of the bowels. Then take one or two Ideal Monthly Regulator Pills every night at bed time, until three days before the time when the menses should appear. On these three days, immediately preceding the expected appearance of the menstrual flow, active treatment should be given. Take one or two pills every four hours. Before retiring immerse the feet and limbs to the knees in water as hot as can be borne, cover the entire person with a thick quilt and drink freely of a tea made by adding one teaspoonful of our Household Pain Cure to one-half pint of hot water (sweetened to suit the taste) in order that free perspiration may be produced. Take two more pills, go to bed and cover up well. It may require a little patience in the treatment of some cases but by exercising a reasonable amount of perseverance the great regulating properties of these pills will soon be felt and a perfect restoration to health, strength and vigor will be sure to follow. Plenty of exercise in the open air will prove very beneficial, providing that the body and feet are kept warmly clad, as the least exposure at this stage may cause injurious effects.

**Irregularities.** — When the menses are not regular, either making their appearance a few days before or after their proper time, the Ideal Monthly Regulator is invaluable. Take one pill three times daily for four days preceding the expected appearance of the menstrual period. These pills have undergone some of the most severe tests and have given universal satisfaction in all cases where properly employed.

# Ovarian Balm.

A MARVELOUS REMEDY FOR WOMEN.

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Ovarian Balm is an excellent remedy to apply externally to remove pain, congestion and lameness. It is absorbed by the skin and does its work quickly and will hasten a cure in any disease of the uterine organs when used with Uterol Tablets or Female Health Pills, as it not only relieves pain but strengthens any part of the body to which it may be applied.

**Its Action.** — When applied to a pain or ache in any part of the body, a peculiar sensation is felt and promptly a most soothing feeling is produced. Its properties enter the body through the pores of the skin. It creates a peculiar form of magnetic action and conquers pain. It is an actual Godsend to women who experience menstrual pain, congestion, neuralgia, tenderness, inflammation or any other form of monthly or menstrual pain, uterine agony or pelvic distress. Rub the balm thoroughly into the skin and cover with a piece of flannel or other soft cloth. Within a few moments you will feel the pain go. It does its work perfectly, promptly, effectually and with absolute certainty. For uterine and ovarian suffering it has no equal. Ladies who have occasion to use it once are never willing to be without it. They always have it with them whenever they are away from home. It is one of the absolutely necessary toilet articles for women who have tender, sensitive and painful ovaries; a little spot like a half dollar seems to contain all the misery. Ovarian Balm applied to this spot gives relief within five minutes. It is the marvel of the century for the cure of ovarian and uterine pain. It is equally as good for relieving pain in any other part of the body.

**External Treatment.**—The importance of the absorbing power of the skin has been known for centuries. Many invalids who could not eat, have been kept alive by bathing with milk until the stomach became strong enough to digest food. This is possible from the fact that every pore of the skin is an open mouth and each cell a hungry stomach. Shipwrecked sailors dying of thirst, when surrounded by salt water which they could not drink, have escaped death by immersing their bodies in the water, thus absorbing enough to keep them alive until rescued. Thus we see that it is possible to absorb both food and drink through the skin. It is therefore equally possible to administer medicines successfully in the same manner. Ovarian Balm is absorbed by every pore of the skin in which it comes in contact, it is then taken up by the blood and distributed through the entire body, feeding each cell and forcing out the diseased matter through the organs of excretion.

**A Great Analgesic.**—Ovarian Balm is a great pain destroyer and is invaluable as a family remedy, at all times ready, easy to apply, and quick to relieve pain or congestion. It is a splendid external remedy in rheumatism, sciatica, sprains, bruises, neuralgia and nervous affections. It is peerless in spinal irritation, lame back, lumbago and congestion of the lungs, giving almost instant relief by soothing and quieting the tired and irritated nerves.

Ovarian Balm applied externally over the abdomen, according to the directions given on the jar containing it is a positive relief for inflammations, congestions or neuralgia of the ovaries and womb, also for painful menstruation.

**Directions.**—Apply enough of the balm to fully cover the skin over the affected parts; rub it in thoroughly, then cover the parts with a soft hot cloth.

# Hygienic Treatment for Women.

**Good Advice.** — Sleep in a room well ventilated, with a window always open to let in fresh air. Use only enough covering to keep from getting chilly, it is not well to sleep cold, but very injurious to sleep warm enough to produce perspiration.

Arise immediately upon awakening. Every morning take a cool sponge bath over the entire body, then rub thoroughly with a coarse turkish towel, to arouse the circulation and bring the blood to the surface. Take a vaginal injection of cool water every morning except during the menstrual period.

Eat plain, healthful food, such as meats, milk, eggs, vegetables, etc.; avoid pastry, spices and condiments of all kinds; late stimulating dinners are injurious and should be avoided as they have a tendency to clog the liver and make the complexion sallow, spoiling woman's beauty.

Sleep from seven to nine hours out of every twenty-four, retire as nearly as possible at the same hour every night, and try to go immediately to sleep.

**The Syringe.** — Cleanliness is next to Godliness and very essential to good health. Cleanliness cannot exist in woman unless she uses a syringe and takes a vaginal injection at least once every day during the time she is free from the menstrual flow. Injections must not be taken during the menstrual period as they would be liable to cause congestion or inflammation of the ovaries or uterus.

**Hot Water.** — Hot-water injections are weakening and very injurious, they destroy the amative juices and ruin the mucous lining of the vagina, and often cause falling or other displacement of the womb and should never be used except to relieve congestion or inflammation of these organs.

**Cold Water.** — Cold water injections act as a tonic to the uterine organs; but in many cases produce congestion and are very liable to bring on rheumatism or neuralgia. Therefore it is much better to use cool water which is always safe and efficient.

**Vaginal Injections.** — Injections are just as necessary as the bath to preserve woman's health and beauty. There is a secretion of fluid from the uterine organs which lies dormant (if not removed) in the vagina, poisoning the blood and causing an offensive odor, which cannot be removed without taking a vaginal injection; neglect in this respect often causes leucorrhœa, catarrh of the uterus, ulceration of the vagina or other weaknesses. For vaginal injections we would advise the use of cool water, used through a bulb or fountain syringe; there is no choice between them if the force is efficient. One or two of our Antiseptic Germicide Tablets added to each quart of water intended for vaginal injections is very beneficial and will destroy any germs that are in the water or in the vagina.

**To Use a Syringe Properly.** — Press the nozzle of the syringe back towards the rectum and up into the vagina, grasp the parts on either side, pressing sufficiently to close the vagina around the syringe to prevent the escape of water until you have thrown in a pint or two, which amount, will distend the follicles of the vagina, and thoroughly cleanse every part — then allow the water to escape and repeat again, (if a bulb syringe is used, two vessels, one containing the clean fluid, the other to receive it after being used, are necessary,) this manner of employing a vaginal injection places the parts in a regular bath which insures absolute cleanliness and perfectly healthy organs.

# Compound Galega Bust Pills

AND

## French Bust Cream.

FOR DEVELOPING WOMAN'S CHEST, NECK AND  
BREASTS, AND FOR TONING UP THE UTERINE  
AND GENERATIVE ORGANS.

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**Facts Regarding the Bust.**—“No woman who has arrived at the age of eighteen with a flat chest is harmoniously developed.” \* \* “Women who are imperfectly developed are apt to be excitable, apprehensive, and wear the look of being continually watching for surprises. They are women who are restless without cause, and unhappy in the midst of pleasant surroundings.”

“Men turn from a flat chest disappointed, as if it lacked something essential. As a face looks badly without a nose, so does the female chest when narrow and flat.”

“A good female face with a poor bust lacks an indispensable accompaniment.”—Creative Science.

“All those who have this (a well-developed bust), other things being equal, are much more marriageable, much sooner selected, than those who lack in this respect.”—Ibid, page 145.

“In no country are there so many imperfectly developed women as in this (the United States), in proportion to the population. Nor are there more perfectly formed ones on the earth.”

“Man is formed for strength, woman for beauty; and the constitutional difference of the two sexes cannot be more tersely or clearly expressed.”

“The glory of man is his strength,” as exhibited in the massive frame, the swelling muscles, the broad, square shoulders, and the deep, thick chest—

the physical endowment of man; and the visible difference between him and woman, whose form is fashioned by repetitions of Hogarth's line of beauty, the curve — "and made up of gently swelling surfaces which melt into each other like roseate dawn into full-orbed day, conferring grace, beauty and elegance" — the finely proportioned entirety giving us the most beautiful object created: the perfect female form — the delight of the painter and the sculptor; the admiration of mankind from time immemorial. The greatest charm of woman's form is a finely-developed bust.

**The Sign of Womanhood.**— The absence of that prominent sign of womanhood — bust development — is a physiological defect to be deplored and remedied without delay. From time immemorial a finely developed bust has justly been regarded as the evidence of perfect womanhood and the crowning glory of her sex. Blind old Homer in the *Iliad*, nearly four thousand years ago, sang of the "deep-bosomed Trojan dames." And now, more than ever this perfect development is a source of great pride and satisfaction to every normally constituted woman, not alone as an addition to her beauty and attractiveness, but because it indicates a good healthy physical and mental condition as well as eminent fitness for the noblest function of her sex — marriage and motherhood.

**Non Development.**— Any condition which prevents development or causes "involution" or shrinkage, invariably operates as a hindrance and very often entirely prevents the afflicted girl from making a congenial and happy matrimonial union. Young men seeking wives turn away from those of the other sex having flat, sunken and undeveloped chests, instinctively feeling that the lack of develop-

ment is an indication of unfitness for the duties of wifehood and motherhood.

Yet many of those who suffer from this defect have warm, loving hearts and affectionate natures, and would make the best of wives and mothers, needing only to have this single defect remedied to make them the most charming and attractive of their sex.

This is neither the place nor occasion to discuss in detail the causes which induce the undesirable and regretful condition of an undeveloped bosom. In general it may be said that any cause which operates to lower the tone of the system, or depress the general health, will have a tendency to retard or prevent bust development. So, also, anything that hinders the free and unobstructed circulation of the blood in the parts themselves will have the same tendency. Tight corsets, "pads," "forms," tight dresses, etc., all compress and thereby impede the circulation and prevent the full and graceful development of the form. This lack of physical development has been noted and deplored by anatomists, physiologists and artists, and is the regret of every lover of beauty as embodied in the female form divine, as well as of every one concerned about the future of the race.

### TREATMENT FOR DEVELOPING.

**Compound Galega Bust Pills.**— This is an internal constitutional remedy which acts as a stimulating tonic to the glands, cells and tissues provided by Nature for the purpose of supplying the mammæ or breasts with nutriment thereby effecting their growth and development. In addition, this remedy exerts a powerful tonic effect upon the whole female system, purifying and enriching the blood,



clearing and beautifying the complexion, soothing, toning and strengthening the nerves, and promoting the general health in every way.

**DIRECTIONS.**—One or two pills should be taken regularly after each meal, and the cream used as directed until the desired amount of development is obtained

**French Bust Cream** acts directly upon the subserous, areolar, or cellular tissues, and the muscles surrounding, supporting, and covering the glands and organs of the chest. By thus softening and relaxing the outer muscles, fibres and skin, it aids in localizing and establishing the effects of the internal or constitutional remedy. This (the external) preparation exerts a subtle, but powerful and beneficial specific influence upon these particular organs. It will stimulate and tone up the assimilative organs and glands of the breasts to greater activity, so that the blood will be diverted to them in an increased volume, this, according to the best physiological and therapeutical laws will impart to them new electric vigor and energy, causing full and permanent development, by feeding the glands, cells and tissues (provided by nature for the purpose of supplying the breasts, (*mammæ*), with nutriment, with highly vitalized blood, thus nourishing the parts and urging forward the process of growth and development.

We wish to emphasize the fact that these remedies will enlarge and beautify the breasts, neck and chest, and that they will accomplish this without the slightest injury to any part of the system. The results which can be obtained from the use of these wonderful remedies are simply marvelous.

**DIRECTIONS.**—Night and morning bathe the parts to be developed in hot water to open the pores; then rub dry with a towel and apply to the parts that are being treated all the cream they will absorb by rubbing it in thoroughly.

## White Rose French Toilet Cream.

**Beautiful Woman.** — In the whole world there is nothing so attractive and charming as a beautiful woman. Not all women can be beautiful, but none are so plain or ill-favored that White Rose French Toilet Cream will not lend a charm to the face and increase its attractiveness. It gives the face that delightful, smooth, soft velvety appearance so much admired by everyone. Used by pregnant women to soften the parts, it makes child-birth easy.

**White Rose French Toilet Cream.** — This dainty cream is a daily toilet requisite and luxury. It has wonderful healing and beauty preserving qualities, and is an ideal complexion cream in every way. It is cleansing, purifying, cooling, soothing, healing, refining, refreshing, nourishing, whitening, beautifying and preserving to the skin. It cures and prevents chapping, chafing, itching, and all skin irritation, removing abnormal redness of the nose and face, also that purplish hue caused from exposure to cold or wintry winds which makes so many women dread the cold winter weather.

This dainty toilet cream, fragrant with the delicate odor of June roses, should be on every lady's toilet table. It makes the skin white and healthful, as soft, smooth and fine in texture as the petals of a full blown rose, giving woman the beautiful complexion of a healthy child.

This cream is always a daily necessity at home or abroad, at the seaside or mountains, on a journey or outing; it neutralizes the injurious effects of the elements, protects the skin from cutting winds, burning sun, and the grime, smut and smudge from a locomotive, keeping us safe from the contaminat-

ing influence of the atmosphere and dust by which we are constantly surrounded. This cream is certainly a joy when yachting, automobiling, fishing, hunting, camping out, or when indulging in any outdoor sport or pastime. A small quantity of the cream should be gently rubbed into the skin every time it is cleansed, no matter what beauty specific is to be used afterwards. When used before the application of any complexion powder, it has a blending effect upon the tiny particles of the powder, giving the complexion a soft, velvety, child-like appearance. It should always be applied generously after the main daily bath and allowed to remain on the face and hands about ten minutes, then thoroughly removed with a dry soft cloth, thus fully completing the cleansing process while beautifying the complexion.

**Valuable as a Remedy.**—This elegant toilet cream is a constant necessity for men, women and children. It is indispensable for infants and every member of the household; no beauty or medicine cabinet is complete without it. As a medicine it is delightful for sunburned and wind-sore faces, removing the stinging and burning sensation. It cures blackheads, chapped lips, and takes the fire and pain out of burns and scalds almost instantly, and prevents suppuration and scars. It is a speedy and positive cure for fever blisters, cold sores, chapped hands and sore lips, also a positively delightful application for man's face after shaving. A real joy and blessing to everyone who uses it.

**DIRECTIONS.**—Apply with the fingers, rubbing it in gently; allow the cream to remain on the skin about five minutes, then remove it with a dry, soft cloth or towel. For childbirth, apply to the parts both inside and out, night and morning for three months before confinement, which will make them flexible and yielding, thus robbing childbirth of its worst terrors.

## Nervous Debility and Allied Diseases of Men.

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**Impotence.** — Impotence (sexual weakness) or inability to properly perform the sexual act is an exceedingly common derangement among men, and is due either to deficiency or absence of the necessary power in the organs, which renders their natural functions impossible.

The nerves concerned in the production of power for the performance of the natural functions of the genital organs are complex, arising from both the brain and the spine.

Impotence, or sexual weakness, may arise from diminished or abolished reflex excitability of the genito-spinal centre, or from disturbances of the brain, which restrain the action of that centre; or it may be symptomatic of the prolonged use of certain drugs, such as opium (morphine), cocaine, tobacco, etc., or the excessive use of malt or spiritous liquors. It may arise from excessive study or brain work, self-abuse (follies of early youth), onanism, sexual excesses, or be caused by acute or chronic diseases, or it may depend upon congenital or acquired defects of the organs.

When the lumbar reflex centre for sexual power fails, wholly or partially, to respond to the ordinary stimuli, the resulting impotence may be termed atonic. This condition is caused from exhaustion of the nerve centers.

When the power fails or ceases under excitement, fear, depression, or other emotions, or mental pre-occupation, it is termed psychical impotence. This condition is caused by a lack of concentrating power in the brain.

Symptomatic impotence is not an uncommon secondary effect of injuries to the brain or spinal cord, and it may also arise from functional disorders of the nervous, digestive, or urinary systems, or from brain worry or spinal irritation.

The anaphrodisiac action of chloral, bromide of potassium, spiritous and malt liquors and tobacco, is too well known to require illustration. Continued lewd or lascivious thoughts, which tend to constantly keep the genitals in an excited or uneasy state, will produce this condition, and destroy manly vigor even quicker than sexual excesses or self-abuse.

When the power has been abolished, from certain congenital or acquired malformations, injuries to the external organs, or from stricture, varicocele, gonorrhœa, syphilis, etc., it is termed organic impotence.

**Masturbation.** — Sometimes called self-abuse, or the solitary vice. It is a disgusting and loathsome habit, one which fastens itself upon its unfortunate victim with even a more deadly hold than does the liquor, opium or cocaine habit. Its consequences are terrible; it produces seminal weakness, emissions, impotency, weak, undeveloped organs, brain and nerve exhaustion, insanity, and other evils too numerous to mention. Its victims are found among both sexes, of all ages; many otherwise virtuous people are addicted to it. Many who perish from its effects are supposed to die from other causes, such as consumption, chorea, epilepsy, heart disease, and failure of vital powers.

The above conditions all come under the head of nervous debility and many of them can be cured or greatly benefited by using our French Restorative and Oriental Invigorants which you will find in our medical cabinet.

**Complicated Cases.** — In all cases of nervous debility that are complicated with the allied diseases of men, such as varicocele, urethral stricture, spermatorrhœa, seminal weakness, syphilis, blood poison, gonorrhœa or gleet, one of our physicians should be consulted, without delay, which can be done entirely free of charge by any member of a family who have one of our medical cabinets in their home.

**Our Vitality.** — The vital forces are governed wholly by the brain and testicles in man, and the brain and ovaries in woman. The brain furnishes the motive power to keep the heart in action, sending the blood to every portion of the body; it keeps the chest heaving with the breath of life, while the other organs of the body, directed by the mighty power of that organ, obediently perform their allotted duties. The testicles in man and the ovaries in woman furnish the energy and ambition for all advancement in life. This is a fact well known to all medical men, but is unknown to most people outside of the medical profession.

**Perpetual Manhood.** — The first requisites for perpetual vigorous manhood are good moral, mental and physical health. If you are suffering from sexual weakness, nervous debility, or the effects of masturbation, sexual excesses, moral or mental depression, brought on from lascivious thoughts, excessive brain-work, worry, or any other cause, place yourself immediately under treatment by taking good remedies or by consulting one of our physicians who will prescribe the necessary treatment.

When a man enjoys vigorous manhood, or has been restored by proper treatment to that condition, he may retain it as long as he does his life by observing and carrying out the following rules:

# Hygienic Rules for Men.

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**RULE 1.** — Arise from the bed immediately upon awakening every morning. Resting in bed mornings while awake is very sure to produce impure thoughts, which are injurious to the nervous system, and unfit man for his daily labors.

**RULE 2.** — Take a cold sponge or plunge bath over the entire body immediately after rising, every morning, and rub the body thoroughly with a coarse towel to restore the circulation.

**RULE 3.** — Eat good, plain, healthy food, such as meats, vegetables, etc.; avoid pastry, pickles, spices and condiments of all kinds, and especially late stimulating suppers, wines and all malt or spiritous liquors; also tobacco, as it is a powerful sedative, and very depressing to the sexual and nervous systems.

**RULE 4.** — Have regular hours for sleep. Man requires from seven to nine hours out of each twenty-four for sleep, and it should be taken with careful regularity. He should retire at the same hour every night, and go immediately to sleep; this he can always do if he never allows himself to think of business or pleasure after retiring, but confines his thoughts to the fact that he wishes to go to sleep.

**RULE 5.** — The genital organs should have proper rest and care, and the passions should not be gratified more than twice each week; at all other times the mind must be kept from them, as it is more injurious to excite the parts through the mind than it is to gratify their demands. Ungratified desires will ruin vigorous manhood quicker than dissipation or sexual excesses.

**RULE 6.** — Never allow anger to get the better of cool judgment; one fit of anger will use up more nerve force than a month's hard labor. The temper can and should be controlled.

**RULE 7.** — Three times each year every man should take one month's treatment of some first-class nerve and sexual food or tonic such as our French Restorative and Oriental Invigorants to keep the nervous and sexual systems in a strong, vigorous condition.

To every man who will follow the seven foregoing rules, and live up to their teachings, we will guarantee perpetual vigorous manhood.

# Nerve Power Pills.

FOR MEN AND BOYS.

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**Man's Vital Forces.** — This remedy is for a special class of cases and is indicated for lack of functional activity, for debility of the nerve centres, for lack of power to concentrate the nervous energies, for letting down of the nerve power at a period of life when such activities should be dominant. Nerve Power Pills contain the precise ingredients which are needed to make strong nerves. They are really food for starved nerves and actually supply the vital principles required by the nerve centers. They give to them power and force and restore them to vigorous health. Here in the nerve centers is their native field of action. Here they are always at home. Here their perfect work can never be marred by failure. We claim for this remedy no miraculous power, yet it has obtained results that fall little short of the miraculous.

**Origin of Nerve Force.** — Every organ in the body utilizes nerve force, but it is the central nervous system located in the brain that alone creates the vital energy which is transmitted to the different organs. The action of Nerve Power Pills is directly upon the nervous centers, the nerve ganglia and nerve cells, giving them more power, making them dominant and fully under the control of the will. They endow the nerve centers with new life and powerful vigor so that they may guide and direct rightly every organ of the body.

**Exhausted Nerves.** — Save yourself from the terrible results of exhausted nerve power while there is yet time, by taking this wonderful nerve-invigorating, health-restoring, body-building, strength-giving modern, up-to-date scientific remedy.



**Sustains Bodily Vigor.** — Powerful electric nerve force is essential to sustain bodily vigor. When the nerve centers are weakened, disease readily gains entrance; when there is lack of co-ordination, then the mind becomes chaotic, unable to hold vigorous sway and apply itself with energy to any given task. Latent nerve power must be behind nervous impulse to create vigorous activity and maintain bodily health. Our Nerve Power Pills give men and boys this power and transmit the needed elements to the nerve centers and nerve cells, which make them all powerful to combat disease, resist enervating influences and respond promptly to the dictates of the will. It is a sovereign remedy for nervous debility and all who have weakened nerves and exhausted vitality can regain their powers and invigorate their vital forces by using this remedy.

**Needed by Brain Workers.** — People who work with their heads as well as their hands frequently find their powers of endurance and application slipping away from them. To compensate for this, some resort to drugs, opiates or stimulants which for the time being may conserve the nervous energy but eventually even more pronounced exhaustion and neurasthenia results. Our Nerve Power Pills in these cases are safe and speedy in their action with no depressing after-effects. They are a pleasant and exhilarating food for the nerve cells. They make weak nerves strong and strong nerves powerful. Men who need the power of concentrating their nervous energy and boys who are listless at their tasks, drooping under the strain of school duties, should use our Nerve Power Pills, because they contain every element needed to make the nervous system powerful and supreme. Full directions are on each bottle containing the remedy.

# French Restorative Pills.

A SCIENTIFIC UP-TO-DATE REMEDY FOR MEN.

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**French Restorative Pills.** — This is one of the best remedies ever discovered for restoring to men the health, strength, and sexual vigor of youth, and for atonic, psychical, and symptomatic impotence, seminal weakness, neurasthenia, nerve and brain exhaustion, night emissions, spermatorrhœa, and the evils resulting from masturbation (self-abuse), or sexual excesses, drains or losses of seminal fluid while straining at stool or in the urine, it is peerless.

It stops the waste or loss of vital fluid, increases the appetite, aids digestion, relieves you of despondency, restores your sexual strength, increasing pleasure, and by its direct and immediate action on the nerve centres, enables you to secure refreshing sleep, without lascivious dreams and emissions.

This medicine is supposed to create new nervous fluid and brain matter by supplying the blood with vegetable phosphates, its electric life element, restoring the fullest and most vigorous conditions of robust health of body and mind, so that all the duties of life may be pursued with confidence and pleasure. It should never fail to enrich the blood and thoroughly invigorate the brain, nerves, spinal column and muscles. Its energizing effects are usually shown by a remarkable increase of nerve and intellectual power, giving new courage, strength and comfort to the sufferer. Brain workers will find it a valuable assistant to them in their labors; it clears and strengthens that organ, giving it new life and vigor, greatly increasing the capacity for mental labor.

This remedy feeds the brain and spine, making new tissue and strengthening all the cells by supply-

ing them with revived blood, which feeds the nerves and muscles, invigorating them; this is particularly noticeable upon the reproductive organs.

It is claimed that this is the only internal remedy ever discovered that will enlarge the testicles, and the only remedy that will increase the amount of semen secreted. It tones up the assimilative organs and glands to greater activity, so that the blood will be diverted to them in an increased volume; thus imparting new vigor and energy, causing full and permanent development by feeding the glands, cells and tissues (provided by nature for the purpose of supplying the organs with nutriment) with highly vitalized blood, thus nourishing the parts and urging forward the process of growth and development, greatly increasing sensation, size and secretive power. This remedy is a powerful revitalizing restorative and determined aphrodisiac.

If there is anything in the line of medicine that will make an old man young or a weak man strong, it is this remedy. It seems to go directly to the seat of the disease removing all weaknesses and restoring manhood's power in all curable cases.

This remedy acts not as an irritant, but as a tonic to the brain and nerve centers governing the urogenital apparatus. Its effects are chiefly noticeable on the sympathetic nerves, and when taken in large doses it may produce a peculiar intoxication, attended by slight pains in the prostatic region.

French Restorative Pills will be found in our Household Medical Cabinet. If they do not act promptly or give entire satisfaction, consult one of our physicians, which you can do free of charge.

**DIRECTIONS.** — Take one or two pills immediately before or after each meal. Take plenty of exercise in the open air, sleep in a room that is well ventilated, and live chiefly on milk, meat and eggs.

# French Developing Cream.

A SCIENTIFIC REMEDY FOR ATROPHY, NON-DEVELOPMENT, AND VARICOCELE.

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French Developing Cream is the only external remedy ever discovered that will enlarge the male organs. It is an external treatment, prepared especially for the restoration and enlargement of undeveloped, wasted, or shrunken generative organs. It acts immediately upon the nerves and muscular fibres; by entering the pores it increases the circulation and provides nourishment for the debilitated organs; the beneficial effects are immediately noticeable. It restores nerve sensation, natural heat, proper muscular activity, and blood circulation.

It is a positive remedy for genital non-development, and we advance the broad, unreserved claim that this remedy is superior to any now known to the medical profession for the development of small, shrunken, or atrophied organs. It must be clearly understood that the parts before treatment are not merely tired and weak, but in a state of partial paralysis. The muscular inaction results from an absence of circulation. The mind is apprised of the fact by its inability to summon the paralyzed member to proper activity.

This is neither the place nor occasion for a discussion in detail of the causes that induce the undesirable and regretful condition of non-development. It is only necessary to say that this remedy will stimulate and tone up the assimilative organs and glands of the parts to greater activity, so that the blood will be diverted to them in an increased volume, imparting new vigor and energy, causing full and permanent development by feeding the glands, cells and tissues with highly vitalized blood, thus nourishing the parts and forcing development,

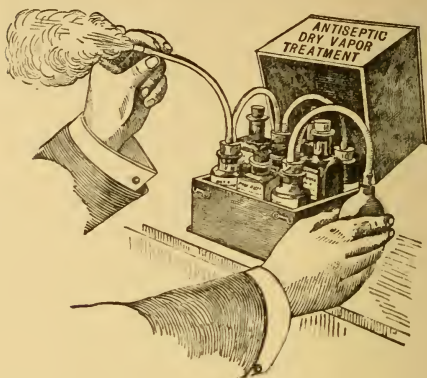
**Varicocele.** — This is the only known remedy that will positively cure varicocele without a surgical operation. It acts at once upon the blood and its circulation; also upon the nerves and muscular tissues of the veins and organs. For the debilitated veins, arteries and spermatic cord, it provides the proper nourishment, just the kind that nature demands and requires to keep them in a good, strong, vigorous condition. It cures varicocele by entering the pores of the skin, and acting as a tonic to the nerves, spermatic cord, seminal ducts, etc., and as an astringent to the walls of the weakened blood vessels which absorb the active principles of the remedy, strengthening and gradually reducing the enlarged veins to their normal size and condition, thus effecting a safe and permanent cure of this annoying weakness. Varicocele when neglected is sure to produce sexual weakness and nervous exhaustion.

This Cream is a perfect imitation of good, healthy semen (without the living germ). Applied to the genital organs, it supplies to them what is lost through waste of semen, and according to all laws of nature must develop them. It produces an agreeable sensation when applied, and improvement is usually noticeable at once. We can honestly and conscientiously recommend it as a sovereign remedy for any of the above-named ailments.

This remedy will not be found in our Household Medical Cabinet. It can be procured only from our agents and physicians. As most men in need of this remedy are suffering from a complication of troubles we would advise their consulting one of our physicians, which can be done free of charge and the remedy obtained from him. The price for a full month's treatment of French Developing Cream is only three dollars. Full directions on each label.

# Antiseptic Dry Vapor Treatment.

COMFORT AND RELIEF FOR CONSUMPTIVES.



A GUARANTEED SCIENTIFIC ANTISEPTIC TREATMENT  
FOR CORYZA, COUGHS, CATARRH, PHARYNGITIS,  
BRONCHITIS, ASTHMA, HAY FEVER,  
CATARRHAL DEAFNESS, CATARRHAL  
CONSUMPTION, WEAK, WATERY  
EYES, ETC.

**Antiseptic Dry Vapor.** — We hear many ask this question — What is Antiseptic Dry Vapor? Antiseptic Dry Vapor is a vapor formed by combining the fumes from a volatile acid and volatile alkali, when the fumes come in contact they decompose each other, forming a dense smoke or vapor. This vapor is then washed in clear water after which it is passed through liquid medicine containing germicides, which renders it thoroughly antiseptic and charges it with soothing and healing remedies which can by inhalation be carried to every part of the air passages and lungs. This vapor, when medicated

and ready for inhalation, is so dry, clean and pure that it will not even moisten or soil the face of a mirror. This vapor is capable of extracting the active principle from nearly any remedy known to medical science, such as stimulants, tonics, sedatives, etc., and carrying the same to all parts of the lungs and air passages. Therefore it can be readily seen how effective this treatment must be in curing throat and lung troubles.

**Coryza.** — This trouble is what is commonly known as a cold in the head or rose cold, rose catarrh, hay fever, acute catarrh, etc. It consists of a catarrhal condition of the mucous membrane of the nasal cavities, frontal sinuses, and of the nasopharynx. It is the result of exposure to cold or to chemical, vegetable, or mechanical irritants. According to some observers, certain forms of it are contagious. It may also appear as a complication to many diseases. Its symptoms are local only. The secretion from the nasal mucous membrane is at first scanty; later on it becomes more abundant and watery. It may be accompanied by much sneezing. The sense of smell is usually diminished.

Our Antiseptic Dry Vapor Treatment is an absolute specific for this trouble, in many cases curing it in a few hours.

**Pharyngitis.** — This trouble is ordinarily known as sore throat. It is an inflammation of the pharynx, limited to the mucous membrane and attended by redness and swelling in the acute form.

In the chronic form this trouble consists of hypertrophy or enlargement of the mucous membrane of the pharynx, it appears to be in a congested condition and feels as if some foreign substance was stuck in the throat, which causes the sufferer to be constantly trying to clear the throat and dislodge the



obstruction. In the acute form this trouble should be treated with our Antiseptic Throat Tablets and a spray made from a solution of water and Antiseptic Germicide Tablets. The chronic form should be treated by taking our blood remedies internally and using our Antiseptic Dry Vapor Treatment as an inhalant.

**Chronic Bronchitis.** — This is a catarrhal inflammation of the bronchial tubes of a chronic character. It frequently follows repeated attacks of acute bronchitis. It is also often a complication of rheumatism or gout. Heart disease and other chronic disturbances of the circulation may cause it. It is a very common trouble with old people.

The symptoms are a continuous excessive secretion from the mucous glands of the bronchi, with slight or severe cough. In the severe cases the cough is paroxysmal and is worse in the morning and evening. The expectoration is profuse and mucopurulent in character. There may be slight, constant, or spasmodic difficulty in breathing. Antiseptic Dry Vapor Treatment will always greatly relieve and many times permanently cure chronic bronchitis.

**Asthma.** — This trouble is a spasmodic contraction of the bronchi or the tubes which supply the lungs with air. The exact cause of asthma is as yet a debatable question among medical men. Diseases of the pharynx or nose and inhalations of certain odors can produce it. It is frequently a complication of bronchitis, advanced heart disease, or of nephritis (Bright's disease) in various stages.

The symptoms are difficulty in breathing, both inspiration and expiration are difficult. Antiseptic Dry Vapor always relieves asthma, and relief is all that can be hoped for as permanent cures are rare.



**Watery Eyes.** — This trouble is usually caused from catarrh or hay fever and consists of a slight inflammation of the eyelids and congestion of the surrounding tissues. Its symptoms are a copious flow of tears when straining the eyes to look at a fine object or when exposed to cold air or winds. Antiseptic Dry Vapor quickly cures this trouble by removing the cause.

**Catarrhal Deafness.** — This trouble is caused from chronic catarrh extending up the Eustachian tubes until it affects the whole auditory canal. The deafness is much worse when the patient is suffering from a fresh or acute cold. At times this trouble is so bad that there is an offensive discharge from both the ears and nose, also a constant watery discharge from the eyes.

Our Antiseptic Dry Vapor Treatment is usually a quick relief and positive cure for this annoying condition.

**Chronic Catarrh.** — Under this heading comes catarrhal consumption as well as chronic catarrh, which are practically one and the same disease. These troubles always arise from a neglected cold, from which condition they quickly pass through the stages of acute catarrh, pharyngitis, sub-acute catarrh and bronchitis into chronic catarrh, and if still neglected into catarrhal consumption. This last condition, although not nearly as deadly as tuberculosis, in many neglected cases it proves fatal, ending in death.

Owing to the fact that these diseases have their seat in the air passages of the nose, throat and lungs, it is impossible to treat them properly with anything except a medicated antiseptic dry vapor as no medicine of a liquid or solid nature can reach these parts without violence and great injury.

Our Antiseptic Dry Vapor Treatment readily enters every air passage and cell extending to the most remote part of the lungs, thereby applying the remedies direct to the diseased parts, curing chronic catarrh and catarrhal consumption after many other remedies have failed to even help the patient.

Under the heading of Household Catarrh Cure and Allied Remedies, we give further information about chronic catarrh and the proper treatment of same.

**The Discovery of Antiseptic Dry Vapor.** — This treatment is a valuable scientific discovery in the field of therapeutics made by a skillful and able therapist, one who has devoted the greater part of his life to practical therapeutics.

From early childhood the discoverer of our Antiseptic Dry Vapor Treatment suffered from chronic catarrh and bronchitis; several years ago he was told by a number of physicians that he was in the advanced stages of consumption and had but a very short time to live. He spent a great deal of money and time in seeking relief but found none.

Realizing the fact that physicians were unable to help him, he devoted his time to the study of diseases affecting the throat and lungs, experimenting upon himself with a dry vapor which he produced from a combination of chemicals. He soon realized that the chemical vapor, unaided, would not kill the germs that caused his disease. A germicide was needed, many of which would destroy the disease if applied directly. But how to kill the germs was a puzzle, as his chemical vapor would not extract or take up the active principles of the germicides. Still he labored on with the one object in view, it must be done.

Daily his cough increased, his strength was failing fast, he well knew that he was nearing the end.

One night, after hours of weary toil in his laboratory, endeavoring to compound something to save his life, he thought, there is but one combination more that I will try, if that fails, I will give up the fight and prepare for death.

**Making the Final Test.** —It is but the work of a few moments in his experienced hands to compound what is needed. Then carefully he recharges the vaporizer with the new compound; it is now ready for use. He grasps the bulb in his right hand, he hesitates, he seems lost in thought, he arouses himself as from a dream, he now grasps the outlet in his left hand and points it directly towards his nostrils, his right hand closes quickly on the bulb, once, twice, thrice, and then a dozen or more times in rapid succession, the vapor pours into his nostrils and out again in great clouds. A smile breaks over that sad face as he realizes that there is a heavy penetrating odor from the drugs in the fourth container, life is again within his grasp, and as a broad ray of sunlight streams through the midnight darkness of utter despair, a fervent prayer of thanksgiving rises from his heart to his lips and finds expression in an earnestly murmured, "Thank God, at last I may hope to live."

On that night he took the first treatment that ever did his bronchial tubes and lungs any good; it killed every living germ in them. His health improved rapidly, in a few weeks he was a well man, and is now one of the most healthy and robust men in the country. His Antiseptic Dry Vapor Treatment is now within reach of the thousands of suffering men and women who are struggling to rid themselves of this horrible disease — chronic catarrh, which is fastened upon them like a vampire draining away their life and vitality.

**Pulmonary Tuberculosis.** — This is the disease which is known and spoken of by the public as consumption. Any disease wherein the patient becomes emaciated and wastes away is known to the medical fraternity as consumption, and the disease which the public know and fear as consumption is known in the medical world as "tuberculosis," and up to the present writing there is no remedy known to medical science that will cure absolutely this dread disease. Taken in time it can be prevented, but when once well established all that can be done is to make the patient as comfortable as possible until death brings relief and ends all suffering.

We want it distinctly understood that we do not claim our Antiseptic Dry Vapor Treatment will cure pulmonary tuberculosis; but we do claim that it will give a patient suffering from this dread disease more comfort and relief than any other remedy known to medical science at the present time. Therefore if you have a dear one who is so unfortunate as to be a victim of this deadly and grim destroyer, make their last days on earth as comfortable as possible by securing our Antiseptic Dry Vapor Treatment. It will open up the air passages, make breathing easy, reduce and loosen the cough, making the sputa rise easily, greatly relieving the efforts necessary to expectorate. In a word, it will greatly add to the comfort and happiness during the last days on earth of a loved mother, wife, sister, daughter, or other member of the family, soon to pass away forever from their earthly home and friends.

**The Best Treatment.** — Our Antiseptic Dry Vapor Treatment is the best known to medical science for the cure of all catarrhal conditions of the head, nose, throat and lungs, and for the relief and comfort of consumptives.

If Nature's "danger signals" are appearing along your pathway and you have neglected to heed the warning cough, which continually reminds you that your disease is advancing and becoming more complicated, you have reached a point where your life is in danger. We would impress upon you the importance of the warning, and advise you to at once procure one of our Vaporizers and cure your disease ere it is too late.

In view of the dark forebodings and horrors that surround a patient afflicted with a bad case of chronic catarrh, who knows not where to look for relief, it is a great pleasure to realize that a cure, an absolute cure, is within our power to bestow. Whatever failures others have met with, we feel justified in promising a complete and absolute cure. To all sufferers we can truly say that our Antiseptic Dry Vapor Treatment will cause the bright sunlight of health to illuminate your midnight darkness of utter despair. If you need help do not waste the golden moments, order a vaporizer at once.

Our Antiseptic Dry Vapor Treatment consists of a nice cabinet, four containers and complete apparatus for vaporizing the ingredients used for treatment, also a complete set of supplies. This treatment is perfectly harmless and contains no poisons.

**Special Notice.** — We do not sell our Antiseptic Dry Vapor Treatment, neither does it go with our Household Medical Cabinet. We rent it to persons in need of such treatment, all complete with all necessary remedies to be used in the vaporizer, and give full instructions for using and taking care of same, make all repairs and furnish new supplies when needed, for the small sum of five dollars (\$5.00) per month. Our agent will inform you how to procure one and get it for you.



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# Price List.

## General Household Remedies.

	PRICE	SEE PAGE
Antiseptic Catarrh Cream	\$0.25	87
Antiseptic Eye Drops	.25	94
Antiseptic Germicide Tablets	.50	148
Antiseptic Throat Tablets	.25	92
Blood and Skin Remedy, No. 1	.50	124
Blood and Skin Remedy, No. 2	.50	126
Compound Glyhypophosphites	1.00	104
Crystal Eye Tonic	.50	95
Feel-Fine Tablets	.50	110
Homœopathic Cold Cure	.25	82
Homœopathic Fever Cure	.25	82
Household Bitters	1.00	96
Household Catarrh Cure	.50	88
Household Dyspepsia Tablets (small)	.25	98
Household Dyspepsia Tablets (large)	.50	98
Household Colic and Cholera Tablets	.25	143
Household Cough Syrup	.25	86
Household Grip-Cold Cure	.25	84
Household Headache Tablets	.25	119
Household Kidney Pills	.50	120
Household Liniment	.50	140
Household Pain Cure	.50	138
Household Pile Cure	.25	118
Household Salve	.25	142
Household Sanitary Cathartic	.25	116
Household Toilet Powder	.25	147
Household Tonic Pills	.50	134
Household Toothache Drops	.25	93
Lazy Liver Pills	.25	112
Oriental Invigorants	.75	150
Perfect Circulation Tonic	.50	108
Red Blood Makers	.50	128

	PRICE.	SEE PAGE
Rheumatism and Neuralgia Tablets	\$.50	130
Tonic Laxative Pills	.50	114
Vegetable Stimulets	.50	102

### Remedies for Children.

Castoria Soothing Syrup	\$.25	144
Children's Cough and Croup Syrup	.25	145
Children's Worm Tablets	.25	146

### Special Remedies for Men.

French Developing Cream	\$3.00	186
French Restorative Pills	1.00	184
Nerve Power Pills	.75	182
Oriental Invigorants	.75	150

### Special Remedies for Women.

Antiseptic Germicide Tablets	\$.50	148
Compound Galega Bust Pills (small)	.75	172
Compound Galega Bust Pills (large)	2.00	172
Female Health Pills	.75	154
French Bust Cream	1.00	172
French Nympho Pills	1.00	160
Household Toilet Powder	.25	147
Monthly Pain Relief	1.00	162
Nerve Power Pills	.75	158
Ovarian Balm	.50	168
The Ideal Monthly Regulator	1.00	164
Uterol Tablets	.50	156
White Rose French Toilet Cream	.50	176

The following remedies are not in our cabinet, but  
are for sale by our physicians and agents:

Antiseptic Dry Vapor Treatment	\$5.00	188
Compound Galega Bust Pills (large)	2.00	172
Compound Glyhypophosphites	1.00	104
Household Bitters	1.00	96
Household Dyspepsia Tablets (large)	.50	98















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